BRAIN RESET

How to Remove Fear, Insecurity, Self-Hatred, & Hopelessness from Your Brain in 2 Hours

Dr. Robin Lotus

1. Are you tired of always being insecure?
2. Are you tired of always being scared and always giving in to fear?
3. Are you tired of always having self-hating thoughts?
4. Are you tired of always having a negative thought first, no matter what you see or hear?
5. Do you wish you wouldn't see yourself, humanity, or the world as hopeless?

If you answered any of the questions listed above with "Yes", then I recommend you read this book which will take about 2 to 3 hours to read in order to get rid of some, most, or all of your persistent negative thoughts in your brain.

I will not tell you to meditate, to workout, to go on a healthy diet, or to go to therapy even though all of those activities are great.
I will also not tell you to spend money on books, subscription services, or any other types of products.
It will also not take months or years to get confidence, courage, self-acceptance, and hope.

Because the 40000 words in this book should be enough to erase years or decades worth of mental damage in your brain.

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INTRODUCTION

I was 15 years old when I lost the desire to live and gained the desire to die.

My family was poor and our financial struggles increased with each passing year.

On an almost daily basis in my childhood, I was either the victim of abuse or the witness of abuse inside my own house.

Because I had no adults in my childhood who were looking after me, it led to me never being taught, never being raised, never being helped, and always being neglected.

I spent most of my childhood all by myself, which meant that I had to entertain myself all by myself.

It also meant that I had to deal with everything school and job related all by myself 99% of the time.

Because of all of those reasons and a bunch of other reasons as well, I was significantly dumber and more immature than almost all the children around my age.

And it all resulted in me turning into a 15-year-old suicidal high school dropout with no real life skills, no conversation skills, and no social awareness.

My horrible childhood gave me no reason to like myself or humanity.

1. I was so insecure about myself and I also hated myself so much that no amount of compliments made me feel good no matter who they came from.
2. I always wished that I could be like everyone else.
3. I was so scared of people in my life leaving me that I became an ultra-paranoid person to the point where I wouldn't risk doing anything that could potentially make people dislike me.
4. I thought I was so undesirable that no one would want to spend the rest of their life with me in a relationship.
5. I was always worried that I would be a bad parent and that my children would hate me the same way I hated my parents.
6. I was emotionally dead to the point where I didn't think of myself as a human anymore.
7. I thought that I was incapable of loving other people.
8. I always questioned myself whether I was a good or bad human.
9. I always unintentionally had cynical or pessimistic thoughts when it came to other people, including little children.
10. I always had a very pessimistic view of the state of the world.
11. I could never maintain my happiness for long periods of time.
12. I thought I was destined to have a miserable life until my last day on earth.
13. I was always searching for happiness and a meaning in life.

14. I had suicidal thoughts for multiple hours every single day of
     my life.

My first 16 years of life were responsible for all of these problems
     and so many more mental health issues.
I initially thought that if I lived a good life, then I would
     automatically become happy.
But I remained an emotionless robot with mostly negative
     thoughts even when I got a good life at 18 years old.
No matter what I did I remained an emotionless, cynical, and
     hopeless robot.
Everything started to seem pointless to me and life started to feel
     like living on autopilot or living in 3rd person perspective.

From 15 to 20 years old my mental health didn't improve one bit.
I thought that I was broken beyond repair and that my life would
     never make me happy.
I was very close to giving up but everything started to change when
     my first love appeared in my life.

I have never been the recipient of love in my childhood, but I was
     treated with more kindness by 1 person alone than I have
     received in the previous 19 years combined.
She essentially showed me that I wasn't broken beyond repair and
     that my life wasn't hopeless.

Because of her, I reverted back to my old self before I wanted to kill myself and I finally became genuinely happy for the first time in years.

She didn't solve all of my mental problems but she was the reason I regained hope about myself and my life.

And with my newfound hope and excitement, I started to solve all of the mental and physical problems in my life one by one.

Up until I met this woman, I had never felt anything special towards any human in my life.

But when she showed me how much of a gigantic positive impact 1 human can have on another person without having any money, fame, prestige, or power, I, as a result, admired her so much that I wanted to become just like her.

For the sake of clarification, I will call this woman "Angel" in this book.

My name is Dr. Robin Lotus and I have written this book because I want to help people who are similar to my past self.

I always have the mentality, that if my actions improved the life of even 1 person in some positive way, then it was worth doing it.

Thousands of hours of pain and thinking about solutions that I could have saved myself in my late teens and early 20s if my past self could have read a book like this one.

I don't care about the mental agony, but the thousands of hours that I spent all by myself in a room thinking about solutions,

were completely wasted and I will never get that time back ever again.

While I can't get those years back, I hope that I can save someone that time and that pain.

In this book, I don't insist on what is the objective truth and what is not.

I will just share my truth and my journey on how I finally lost all of my insecurity, fear, self-hatred, hopelessness, and suicidality.

And I will share how I increased my happiness, courage, confidence, willpower, self-acceptance, hopefulness, emotional intelligence, empathy, compassion, forgiveness, and kindness.

1. If you face similar problems as my past self then I hope this book can improve your mental health and your life.
2. If you have already solved those problems then I hope that maybe I can make your arguments sound better.
3. And if you can't relate to me at all then I hope that you find value in seeing the perspective of a person like myself.

This book is meant to be read chronologically, but you can read the table of contents in a random order if you want to check my competency.

95% of the table of contents is filled with monologues that you can understand without reading previous pages.

Since I value privacy I will not share too much information about my private life especially because it won't be necessary to get my points across.

Besides, I learned in life that sometimes it's better to have too little of something than too much.

If you go on a great vacation and you leave 2 days earlier than you wanted, then you will have 100% positive memories of that vacation and you constantly dream about going there again sometime.

However, if you are on a great vacation, but get bored in the last 2 days, then you will have negative thoughts about the vacation and you never want to go back there.

If I want to have exclusively positive memories of something, like a country or a relationship, then I will sometimes deliberately have too little rather than too much, if I see myself not liking it for much longer.

And as far as entertainment goes, the mystery genre is as enjoyable as it is, because you don't have all of the information available to you until the end.

With all that said, I hope you enjoy this book.

<u>Disclaimer :</u> This is a free book and I have no intentions of making money off of it, which is why I didn't bother paying an editor to ensure that this book has perfect grammar and perfect punctuation.

1. INSECURITY, FEAR & COURAGE

Insecurity is an emotion that you feel when you think that something about your personality and/or your body is not enough for a certain thing that you want to accomplish.

A man for example can be insecure or be arrogant about his academic and competitive achievements, his job, the amount of money he makes or owns, his family, his romantic partner, his looks, his sex life, his penis size, his height, his muscles, his hair, his personality, his intelligence, his reputation, his belongings, and so many more things.

Fear is an emotion that you feel when you are afraid of someone or something for whatever reason it may be.

Insecurity and fear can make you an insanely paranoid person about a lot of life scenarios, especially if your life experiences gave you good reasons to be a cautious person in general.

Like for example, a lot of people are afraid to immediately text people back once they receive a message because they don't want to be thought of as lonely or desperate by other people.

I don't believe many people think that there is anything embarrassing about immediately messaging people back.

And I believe only insecure people believe those few people.

If you for example have a great job, a great wife, great children, and great friends, then why would anyone ever think of you as a lonely or desperate loser with a boring life for any reason ever?

Especially if the reason is you always messaging people back immediately, which is the most comfortable and convenient thing you can do for most people in this world.

But unfortunately for me, I had my own insecurities that could not be denied with a great spouse, great children, great friends, and a great job.

Because of those insecurities that I didn't want anyone to find out about, I became an insanely paranoid person.

And my life experiences gave me good reasons to not trust other humans with private and sensitive information.

I grew up with a terrible family in my childhood, who told all sorts of embarrassing things about me to other people.

Like for example what girl I had a crush on, or the amount of times I showered, my opinions of other people, or other sensitive or secretive stuff that I told them in private.

They also told fake stories about me to other people as well.

And I knew other people weren't much better because I grew up in a small village and almost every middle-aged and elderly person was like that as well.

Almost every day I would ride on a bus, and I couldn't believe the amount of private and sensitive information regarding their loved ones people would share with strangers in public.

And people don't care about secrets either, because they will just say that you have to expect, that whenever you share a secret with someone, then that someone is going to discuss your secret with their spouse, parents, best friend, or whoever they value in life.

A lot of humans overshare way too much private and sensitive information about other people.

On top of that, a lot of humans will always use negative information about you to their advantage, given the right circumstances.

If you were to cheat on your partner in your adult life or if you were to piss yourself in public as an adult, then you will have to hear about those things for the rest of your life.

Because given the right circumstances, they will use it for a joke to get a laugh out of people at your expense.

Or they will use your sensitive information as a last resort insult to make you feel like garbage when they are out of arguments.

I knew that if I ever said or did something very embarrassing in front of people who knew me, then I would potentially have to hear about it for the rest of my life.

My 18-year-old self was an overall confident person, but I also had some insecurities that I didn't want the public to know about.

My child and my teenage self were never the recipients of love ever, which led to me feeling like the most undesired human in the world and I thought that I couldn't provide any value to anyone's life.

I was also ultra insecure and I also really hated humanity, but the thing that I hated by far the most was myself.

I was so emotionally dead, that I thought that the only value that I could provide to other people was being a servant to them.

I thought that no one would desire me for friendship or for a relationship, because there were far better alternatives out there.

I thought that people would enjoy their time more without my sad and insecure self because I would just drag the mood down of everyone in my presence.

I didn't just have massive issues with insecurity, because I was also severely struggling with fear.

As a teenager, I wasn't afraid to defend myself with words or actions and I also wasn't afraid to do certain activities that people considered scary, risky, or dangerous.

But my fear of judgement, my fear of humiliation, my fear of rejection, my fear of abandonment, and my fear of negligence, I had all at the maximum level.

The fear in my adult life came from my childhood self always getting judged, rejected, abandoned, and neglected.

My childhood has traumatized me so hard, that painful words were the only thing that I was scared of because I didn't like the feeling of being disliked by someone that I like.

I was incredibly coldhearted and super emotionless, but if someone I liked were to insult me even 1 time based on something that I was insecure about, then I would have died on the inside.

I don't believe that a human can exclusively have courage or exclusively have fear.

For example, you can be courageous for being a professional fighter while simultaneously being scared of heights, plane flights, and elevators.

But I had fears in areas that I shouldn't have had.

I always hated being super afraid of getting my feelings hurt because it always prevented me from trying to get what I wanted from life if there was even a small chance of getting my feelings hurt.

For years I thought that I could somehow avoid ever getting my feelings hurt, but at 21 years old I inevitably drew the conclusion that I had to overcome my fears or else they were going to ruin my life forever.

1) Why even care about what mean people say about you?

After 6 years of being ultra paranoid about what other people might think about me based on things I'm insecure about, I finally asked myself why I even care about other people potentially insulting me, criticizing me, or making fun of me.

I thought to myself that I would never make fun of another human for something, that they feel humiliated about unless they embrace it themself.

And I couldn't imagine any of my friends or any other kindhearted person that I have ever met in my adult life, doing it either.

If a friend of mine, were to poop himself in public, I would never make fun of them for that, unless they do it first.

And if a friend of mine, were to poop himself in public and I am the only person who witnessed it, then no one will ever find out about it, because I wouldn't tell anyone ever.

I would bring it up 1 time because I would want to know how something like that could ever happen, but after that, I would never bring it up ever again.

Or if for example, you have a micro penis, then you would be scared, that a person you once had sex with, would tell all of your friends and family members, either for no reason or for revenge reasons, that you have a micro penis.

You want to have sex and relationships, which is why you are content with your sexual partners knowing about your micro penis, but the fear comes from your friends and family members potentially finding out, and the fear might be so strong, you choose to not have sex at all.

When strangers or the people that I care about, embarrass themselves, or get rejected by someone or fail at something, then I don't feel like making fun of them, if they feel humiliated about their situation.

Because not only would I not want someone to do that to me, but I would also gain no enjoyment out of making other people feel uncomfortable.

That made me realize that the only people, who would make fun of another human for something, that they feel humiliated about, are terrible people.

They either do it to have fun at the expense of an innocent human or they do it to feel better about themselves.

In hindsight, it was so stupid of me to center my entire life around mean or inconsiderate people for 6 years, especially considering the fact that I had a good life and I was exclusively surrounded by good people.

If I had sooner realized that people like myself don't make fun of humans in vulnerable circumstances, and instead would comfort you or treat you like usual if something humiliating

happened to you, then I would have never feared my flaws being exposed to the public.

Once I realized that the entire time I was scared of inconsiderate people exclusively, I finally stopped caring about what other people thought of me, because I couldn't care less what questionable people think of me.

I realized that I shouldn't care what these miserable people have to say about me, regarding anything, because kind and compassionate people do not make fun of you or insult you when you feel humiliated.

Which is why you should never care one bit about what mean people have to say about you.

You also shouldn't let fear of humiliation stop you from doing what you want.

In the first place, you should never fear your friends and family members for any reason ever, and if you do, you should reevaluate the people, that you have surrounded yourself with and do something about it.

I also didn't want awful people to control my thoughts, emotions, or life in any way possible, because that is exactly what narcissists would want.

I would also rather be 100% of my true self and try to get what I want in life and fail than live a mediocre life, in which some trash peoples ghosts are controlling me like a puppet and prevent me from ever trying anything if there is even a small chance of me receiving judgement, humiliation, rejection, abandonment, or negligence.

And so I finally got all the fear out of me forever and I could finally have clear thoughts about fear, courage, and progression for the first time in my life since I was willing to accept the potential judgement, humiliation, rejection, abandonment, and negligence in the future.

1) The power of insecurity

A lot of insecure and scared people try to find ways to justify their insecurities, their self-hatred, or their fear, so much so that they will sometimes believe in stuff about themselves that is objectively not true, such as them falsely believing that they are fat or ugly.

They intentionally or unintentionally do so because they want an excuse for not doing anything that they are scared about.

Or because they want to blame their failures or their flawed life on anything but the real reason.

Or because no one ever compliments them on the things that they are insecure about.

From 15-21 years old, I felt like the most undesirable human in the world.

I thought that no one would desire me as a friend or partner, because there were far better alternatives out there.

The first time I decreased my insecurity was when I convinced myself for 5 minutes, that I was ugly.

At 21 years old, I wasn't good-looking, but I also wasn't ugly, so I was shocked that my insecurity made me believe something, that I knew was not the truth.

I realized that I was trying to justify my insecurities and my fears, and I ended up believing in something about myself that I instinctively knew was not the objective truth.

I subconsciously tried to justify my insecurities and my fears in order to have an excuse to not get over my fears and an excuse to not do anything that felt uncomfortable to me.

My brain tried to convince myself that everything seemed pointless and that doing nothing was the smarter choice because doing something meant guaranteed failure and guaranteed humiliation.

Just like my anger in the past, my insecurity and my fear were possessing me without me realizing it for a very long time.

After this experience, I started to take my insecure thoughts less seriously because I learned that they most likely do not reflect reality.

Insecurity has always been an interesting topic to me.

I always wondered why skinny and normal-weight women were bothered by other people calling them fat when they were very clearly not fat.

I felt the maximum amount of insecurity about my looks, personality, and life and how I would die on the inside if a person I like were to insult me based on the things that I'm insecure about.

But at the same time, I wouldn't care one bit, if anyone were to call me stupid, because my intelligence was the 1 thing I was confident about.

And if I was skinny or normal weight, then there is absolutely nothing anyone could say to me, to convince me that I was fat.

I realized that humans like myself only get hurt by the words of other people, if they themself believe the insult or critique to be even slightly true, or if they are uncertain about whether it's true or not.

1) Insecurity can not be cured by other people

Another person can't erase your insecurity, because you have to do it yourself, or else you will always be bothered by insecurity.

If a man who is insecure about his height and penis size feels comfortable with a certain girlfriend, then he will inevitably go back to his super insecure self, if that relationship ends and the insecure man has to find their new comfort zone in another woman.

Other people can be a band-aid to your insecurity, but complete confidence must come from within and not from the external world.

1) The risks and rewards of trying and not trying

If the only consequence of trying something, is your feelings potentially getting hurt, then just do it.

With the exception of very old people, no human in this world dies of painful emotions.

Any confident adult will tell you that embarrassing moments in the present will become funny stories in the future and that even you in the future can laugh at your past self.

You choose whether you accept those feelings whenever they may come, or you can choose to run away from them for eternity.

When you give in to fear, you will never get everything that you want and your life will always remain the same as well.

When you are insecure or scared, you know exactly what you are supposed to do, instead of doing nothing.

If you as a person have flaws, you should try and fix them, and if you can't, then make the best out of your flaws and your strengths.

When you are scared or insecure, you have 3 options :

1.   You can get over your fear and do something.

2. You can remain the same person and do absolutely nothing.
3. You can give up and kill yourself.

You can give up and kill yourself because of your unfortunate circumstances.

But keep in mind that according to stats, "only" about 1 in 10000 people kill themselves, which in turn means that 99% of insecure and scared people have gotten over their unfortunate circumstances at some point in their lifetime.

Which is why you might as well get over your fear now and do something because you will one day inevitably get over your fear regarding jobs, academics, competition, or romance.

You might as well speed up the process because time is something you can never get back.

1) The difference between saying "want to" and "going to"

If a human has a dream job or a dream accomplishment, they would be able to tell other people about their dream.

Most people would say that they want to achieve their dream, but they wouldn't say that they are going to achieve their dream for certain, because they don't want people to make fun of them, in case they fail.

There is a clear difference between saying, "I want to become a boxing world champion" and "I am going to become a boxing world champion."

Most competitors would say that they are not certain whether they are going to become world champions with 100% certainty.

But this isn't just a topic about confidence, because it's also about how serious you are about your dream.

And also about whether you have the courage to face the potential mockery of other people in case you fail after being so overconfident since the start.

If after saying that you are going to become a boxing world champion you end up failing, then some people are probably going to make fun of you for that, especially if you were very far from achieving your dream.

And since a lot of people consider getting knocked out as pathetic or humiliating, you would potentially face even more mockery if you got knocked out over and over again.

If you are despite all of that still able to say that you are going to become boxing world champion, then that is a very strong testament to your courage, confidence, and willpower, but also about how serious you are about your dream.

Of course, it can also be a very strong testament to your delusions, but you need to be confident and/or delusional if you want to achieve anything significant in life.

You can and should be a dreamer and a realist at the same time.

You can't win anything of significance with a loser's mindset.

And if you give in to fear, you will almost never get what you want in life, especially if people with courage are fighting for the same prize.

The only thing fear will reward you with is agony and consolation prizes.

And this isn't just about boxing, because you can apply what I said above to any social, academic, career, or competitive achievement that takes a lot of effort to achieve and that also has a risk of humiliation attached to it in case you fail.

If you can't even say your dream out loud to other people, then you are not 100% serious about your dream and you might as well give up then.

And if you can't say that you are going to accomplish a goal of yours for certain, then you are probably going to give in to fear many more times in the future.

1) Increasing your physical attractiveness with your personality

Your looks matter a lot when it comes to your confidence and also the way people perceive you, which is why I want to talk about how to become physically more attractive to other people with just your personality.

I realized this when I was watching an average-looking overweight man singing with a great voice.

You look so confident and so attractive when you are doing something that you are good at.

When an already beautiful person does something with confidence, then you don't notice the difference in attractiveness.

But if an average-looking person does something with confidence, then the difference in attractiveness in between minutes becomes super obvious.

Just look at any average-looking person doing their job, doing sports, singing, dancing, or playing an instrument and you will see what I mean.

An insecure person will look like an insecure person, but the moment they are at work and do their job, they look like a completely different person.

You can visually see the clear difference between confidence and insecurity in the same human, in a matter of seconds.

Most people are confident in doing their job, but some people are not confident in their chances of success in romance.

A lot of people confuse arrogance and cockiness with confidence, but in the examples listed above, you can clearly see what confidence actually is and what is not.

1) Fear of rejection

I think almost every human is afraid of rejection from the person that they are in love with, but a lot of people like my past self are even afraid of rejection from complete strangers.

Fear has no place in relationships and sex because you need courage and assertiveness for relationships and sex.

You need to have the courage to ask for a date, a second date, or any further dates if necessary.

And you need to have the courage to initiate the first kiss, the first time sex, and all the other times when you want to have sex in the remainder of the relationship.

And if you break up with your partner, then you as a result have to find a new partner and you have to ask for everything again.

Fear of rejection will slow down your progress in life by a gigantic amount for as long as you are trying to avoid inevitable rejections, instead of trying to accept rejections.

You can't be liked by everyone, which is why you shouldn't get discouraged by inevitable rejections.

And you also shouldn't have the expectation that everyone could like you given the right circumstances, because that will never happen and you are just doing a lot of unnecessary self-inflicted damage to yourself.

For example, if there is a certain age group of humans that you can never imagine yourself being friends with ever, then you should understand what I mean by some people not being meant for each other, whether it is as couples, friends, or acquaintances.

Even people who are simultaneously beautiful, famous, and rich get rejected, even if potentially only by people who are already in a relationship.

When it comes to me, I was lucky that I fell in love with "the one" at 20 years old because I thought to myself that I was willing to go through 99 painful rejections if it meant that I get to be in a relationship with someone like her on my 100th try.

1) What makes an individual human special?

I used to ask myself, why any human would want to be my partner since I didn't think of myself as a fun human to be around.

I didn't think of myself as a special human, so I asked myself, why anyone would ever desire me in their life.

I thought of myself as inferior to other humans and as completely replaceable.

I didn't understand what makes an individual human special until I met Angel.

Generally speaking, I still don't think any human is super special, but I believe that every human can become special to another person.

When I fell in love with Angel, she was the one for me, not only because of her greatness but also because she was the one to turn me back into my true self and the one to give me hope in life, when everything seemed hopeless to me.

You can become special to a human, by spending time with another person.

Being in your 30's or beyond and having a romantic partner from your childhood, workplace, past school, and past university just feels different than a regular relationship.

Because you not only have known each other for a long time, but you also share some of the same memories of the past.

If you were to be in a relationship with every man or every woman, then 99% of those people, couldn't give you that same special type of feeling as those special people do.

Or someone could feel special to you, because they were your first real love, or because they helped you turn your life around, or any other reason that makes them stand out from 99% of people.

You can become a special friend to someone, and you can become a special love interest to someone, and you can become a special child to your parents when they are grateful to have you as their child.

Ever since Angel made me realize that, I haven't questioned myself ever again whether I was special or not.

You never know for certain what a specific human finds likeable or attractive in other people, and you also never know for certain how likeable or attractive other people perceive you as.

There are a lot of famous people in this world, who have good looks, money, fame, prestige, charisma, and comedy skills and

they still go through many divorces in their lifetime and are maybe even unable to find "the one" in their entire life.

Maybe you aren't as inferior as you think you are and maybe other people aren't as superior as you think they are.

And if you found your eternal partner, then wouldn't that be 1 of, if not the greatest achievement in life, especially because many people are unable to find or keep an eternal partner in their life?

1) The need for courage and assertiveness in life

Defending yourself with words and actions when necessary is an important thing to do in life.

You don't just need courage and assertiveness for friendship, relationships, and sex, but also for academics, competition, your jobs, and life in general.

A bully bullies a victim because there are no consequences for the bully because teachers and principals don't do anything most of the time until something very bad happens.

If a bully can get free money from their victims without facing any consequences, then why would the bully stop collecting free money?

If no one stands up for you, then it is you who has to stand up for yourself.

And to significantly decrease the chances of bad people targeting you, you must defend yourself with words and actions from the very start.

You can be targeted anytime in your lifetime, because of your weakness, gullibility, and/or your inability to say "No".

And shady people will frequently request stuff from you until you either decline their request or until you give in to them.

But if you fall for their obnoxious tricks even 1 time, they will then target you and then try to get as much out of you as possible for eternity, until you finally stand up for yourself and tell them to leave you alone.

If you don't ask for a raise, then your boss very likely will not give it to you, of their own free will.

And if you don't fight back against overtime, then your boss will make you work overtime as much as possible, because you don't have the courage to tell people off, who are taking advantage of you or screwing with you.

Bad people want to get the most amount of favors possible out of you, while simultaneously giving you the least amount of favors possible in return.

Don't ever expect trash people to all of a sudden not treat you like garbage, because that almost never happens in the immediate future with people who are this evil or exploitative.

It is you who has to bring the necessary change in your life.

And at the same time, if you need help, then please have the courage to ask people for help, and please don't refuse help if you need it, especially not when someone is kind enough to offer help to you.

And if you have a problem, that you can't fix by yourself, then please don't waste any time and admit your problem to other people and ask someone for help.

And unlike my past self, please don't ever get discouraged by trash people to ask for help, or you will regret it in the future.

Screw people who give you a negative reaction when you ask them for help because any kind and compassionate person would either help you instantly or turn you down with kindness.

And if you are afraid to be a burden to people, then don't worry, because there are plenty of people like myself in this world, who are willing to help any person, especially if it's a close person.

If you, just like my past self, grew up with terrible people, then you of course will think that everyone sees helping other people as a nuisance, but it absolutely does not reflect reality at all.

1) The nature of progression

From 16-23 years old, I had always confidence in my intelligence and skills, but I still doubted myself sometimes.

It took me 23 years to have 100% confidence in myself, and I did it with the following mentality, which is about failure and progress, which you can apply to anything.

If you fail and recognize the mistakes that you have made and/or if you recognize your weaknesses and/or other people's strengths and you correct those things, then you will inevitably become better at whatever you are trying to do.

And if you repeat that process over and over again, then you will eventually achieve your goal or eventually become number one or eventually become perfection, because that is the nature of progression.

And with things like languages, martial arts, and instruments, you can only become better at it, and you can't possibly become worse at it if you invest the time in it.

If you learn to play an instrument for 10 hours, then at the end of the 10 hours you will 100% be better at playing that instrument, than you were at the start of those 10 hours.

It's like if you are walking a marathon because you can only progress and not possibly go backwards if you keep trying.

Failure is a part of progress and as long as you try your objective best, there should be nothing to be ashamed of.

Trying, failing and learning is better than never trying and forever regretting.

In the first place, people who believe themselves to be failures, only call themselves failures because of their supposed failures in their past or present life and/or because other people say they are failures.

And if they had to answer why they are supposedly failures without mentioning their past failures or other people's comments and achievements, then they probably couldn't come up with an answer.

The same thing happens with the question as to why they supposedly can't change as a person, as if they are destined to be losers.

How can you possibly know if something is for certain if you never tried your literal hardest to find out if it is the objective truth?

The future of this world is almost always uncertain but the present of this world for certain wasn't shaped by the fence-sitters of the past, which is why you shouldn't be a fence-sitter when it comes to your own life.

2. HAPPINESS & HAPPINESS KILLERS

Humans could list a variety of things that make them happy like hobbies, money, food, friends, family, relationships, sex, etc.
But if they had to list things that make them unhappy in life, humans would probably have fewer answers to that question.

Since I was 16 years old, I have been working jobs, in order to save money.
I didn't have a high school degree which is why I could only work low-paying jobs.
When I became an adult and when I had enough money, I moved away from the place that I grew up in and I cut off contact from my entire family, without any exceptions and I haven't spoken to any one of them since.
I lived all by myself in a cheap apartment and I didn't have any friends or family either.

I completely restarted my life at 18 years old and as time went on, I got new friends and new family members.

I had a good life and I was also exclusively surrounded by good people and I also didn't have anyone or anything in my life that would bring negativity in my life.

And yet, I wasn't really happy and the hatred inside of me has not decreased by much.

My terrible childhood gave me a lot of mental health problems that stayed with me as a young adult.

Those mental problems significantly affected my early adult life in negative ways.

Starting at 20 years old, my lack of happiness wasn't a result of the absence of fun and joyful things in my life.

The culprit was the presence of a lot of happiness killers in my life.

I had a lot of fun with my hobbies and also the people in my life, and yet I struggled to be happy for long periods of time.

Because happiness killers were sabotaging my life while I exclusively had good people around me, it made it so much more confusing to me.

There were a lot of times when I thought that my life was hopeless and that I would remain miserable until my last day on earth.

It took me 4 years to identify all of the happiness killers inside of my brain.

And once I recognized them, I got rid of them all.

2) Searching for happiness or meaning in life

1. A lot of people in this world are searching for happiness.
2. A lot of people in this world are searching for more happiness in their life.
3. A lot of people in this world are searching for a meaning in their lives.

And if I had to guess, then the majority of these people end up giving up on their search at some point in their lives.

Searching for happiness and meaning in life will lead to misery and if you are looking for those things, it means that you are not happy in the present and you should find out why, and try and fix that instead.

Because if you were fully satisfied and happy with the life that you live in the present and if you were also excited about your future, then you wouldn't search for solutions.

You are only searching for solutions in the future because there are problems that need solving in the present.

But if you don't even know what the problems are, then it is almost impossible to solve the problems that you aren't even aware of.

Instead of thinking about what could potentially make you happy or give you meaning in life in the future, you should analyze the life that you have in the present and find out what is wrong with it.

And when you find it, try and fix that, or if you can't, then just accept it and make the best out of your situation.

If the problems are in the material world like the lack of success in romance, the lack of success in friendship, or an unsatisfying job, then you will have a good idea of how to fix that.
But if the problem is in your mind, then most things from the material world won't fix that.

Just like a bad driver will frequently end up in car accidents, a broken brain will frequently give you headaches.
A broken mind will always find a flaw in your life that it can nitpick about because the root issue is not identified, addressed, and/or solved.
The defect part in your mind doesn't have to be a big one like PTSD for you to have a hard time enjoying your life.
Kinda like how life would be hard to enjoy if you had an untreated fewer for as long as you have that fewer.

I always thought about whether money, fame, prestige, friendships, or relationships could make me permanently happy, but at 21 years old I realized that those things would at most temporarily distract me from my real problems.
With a broken mind, you will always have a harder time enjoying life than the average human.
And if like my past self, you have a broken mind and an average life, then you should fix your mental health first because no

amount of money, fame, prestige, friends, or partners will get rid of all of your internal misery.

Now with all that said, I do think that there is an "easy" way to be happy for long periods of time.
Enjoying the present, anticipating the future, and always having some form of progression in your life that is meaningful to you, should lead to long periods of happiness.

2) Living life on autopilot

Some people, like my past self, sometimes feel like living in 3rd person perspective or living on autopilot.

For me, it was because I wanted to do many things in life, but I couldn't do those things, because of money, time, or other reasons.
And as a result, I knew that my life would pretty much remain the exact same for years and I wasn't excited or enthusiastic for long periods of time, because of that.
It was also because as a young adult, I had a very good idea of what humans were like, and pretty much every human in my life, didn't say anything unique to me, that I hadn't heard before, which is why there wouldn't be any surprises or shocks when talking to people.
Life felt to me like watching the same movie over and over again.

I would always refer to it as my head being somewhere else, while
my body was on autopilot.

Or I would refer to it as me thinking about the future, because I am
bored of the present, or in other words, I am thinking about
the future because I am not interested in what is happening
right in front of me.

That type of thinking, made me realize the solution to my autopilot.

Whenever I played strategy games, I would be in the moment, or in
other words, I would be in the present.

Because, when it's your turn in a strategy game and your opponent
just made a move, that you have never seen before, then you
are faced with a problem, that you can't find the solution for
until your opponent ends his turn.

While you may be on autopilot while it is your opponent's turn,
when your opponent does something impressive, then that
strategy game will knock you back into the present.

You will be back in the present during your turn, because if you
want to win, then you have to analyze the game and come up
with a solution for a problem that you never had before.

If you want to win that game, you can't have your thoughts be
anywhere else but the present.

This analogy made me discover 2 things, with the first being, that I
realized, that humans are absolutely terrible at getting the
attention of people on autopilot.

The second thing I realized was that if you think of something like your life as hopeless, then you will be on autopilot in almost every life scenario, that is centered around the thing that you think as hopeless.

It can be your chances of success in academics, career, romance, or your social life, that you think are hopeless.

But if you are suicidal like my past self, then you will be on autopilot in almost every life scenario because there is no quick fix to a garbage life, that you can find somewhere or that someone could offer to you.

If you live life on autopilot, you should find people or activities that knock you into the present.

When it comes to me, because of this experience, I have learned how to grab the attention of people on autopilot.

Things like calling them by their full name or snapping my fingers in front of their face when they avoid eye contact and if that doesn't work, putting my face in front of theirs and starting eye contact myself, or just anything else out of the ordinary, that will get their attention.

And after that, I tell them that I am talking to them and asking them if something is bothering them and if there is something, that I could do for them.

2) Loneliness & solitude

Because I was never taught, never raised, never helped, and always neglected in my childhood and because I was also hurt by so many people, I thought that I would be better off all by myself.

From 15-19 years old, I thought that I could hypothetically live a happy life all by myself without having any friends, family members, and acquaintances.

After all, I had a very solitary childhood and I could happily distract myself with my hobbies.

One of those hobbies was video games.

In hindsight, it is not a surprise that playing video games was my favorite hobby in my childhood.

Progression in something that you care about always feels good.

Because you get a sense of achievement in the present, from being objectively better than your past version, or you get a sense of accomplishment from getting closer to achieving a goal of yours.

A sense of achievement you only feel for a very short time which is why you can't be consistently happy with just 1 achievement.

However, if you have a certain hobby or a certain job that you love, then you can progress an almost infinite amount of time.

In a hobby like video games, if you were to play RPG games, racing games, or a game with high score rankings or player rankings,

then you could potentially get progression every few seconds or minutes.

Leveling up, finding a new useful item, being faster than the previous round, achieving a new record, and climbing ranks always feel good and you can do these things over and over again.

I am not surprised that video games are the most popular hobby among children and teenagers.

Because they not only are very fun and can make you consistently progress at something very frequently, but it is also a hobby you can do indoors and a hobby you can do all by yourself, and video games also can't make fun of you or reject you.

Unlike school, video games offer children a place, where they can reach their maximum, without any limitation.

And they can also test themself against people at their own skill level and their own intellect level while simultaneously trying to climb rankings.

Money is not a problem either, because there is plenty of good free video games out there nowadays.

My parents never tried to show me what the world had to offer and my siblings barely spent any time with me.

And since all of my friends were also into video games, it shouldn't be a surprise that in my childhood I spent almost all of my free time indoors.

That lifestyle of mine led to me having a lack of desires and a huge lack of social skills.

As a child and young teenager, I was a gigantic loser, with nothing interesting to say and I always had very awkward conversations with adults.

I always said the least amount possible, in order for people to stop talking to me and for them to simultaneously be discouraged from ever starting a conversation with me ever again.

I always avoided eye contact, because I wanted to draw the least amount of attention possible to me.

And if I was in an uncomfortable environment, then my hope was that the people around me would notice that I felt discomfort and not talk to me, because I didn't want to be in that environment in the first place.

I never liked my family, and I knew that every challenge in life, I had to face all by myself, which is 1 of the most discouraging feelings in this world.

My family was always a dysfunctional family which is why I knew that no matter what, at some point in my future, whether it is by choice or not, they would not be part of my adult life.

I spent the first few years of my early adult life without a single family member in my life until I got a new family.

Because I could have fun by myself in my lonely childhood and because I hated humans, I thought that I could hypothetically be somehow all happy by myself.

But at 19 years old, I realized that I wanted to have a social life and that the only reason why I chose a rather solitary life in the first place, was because I didn't have any other options to choose from.

Permanent solitude will never lead to permanent happiness.

And once I finally had good people around me for the first time in my life, I realized that you can feel loneliness, solitude, and/or exclusion even if you are surrounded by people that like you.

A person will experience exclusion, even if they are part of a friendly group if they feel like they don't belong in that group.

They do so probably because they feel like a burden.

Or because they think, that the group doesn't know the real them and the group has become close with a suppressed version of themself.

A person will feel alone, if they hide or suppress their true self or their true desires, in front of the people they care about.

If you can't be your 100% true self to your friends, family members, and partners, then it will hurt a lot for a variety of reasons.

And you will also always wonder whether or not they would like the unfiltered version of yourself.

Suppression of yourself will always lead to misery.

Just like hesitation and restraint are almost always going to lead to sadness.

When you hesitate, it means that you are scared or cautious about something.

And to restrain yourself from doing something that you want to do just hurts.

Imagine your favorite hobby, that you can do all by yourself, and imagine if you had to suppress yourself while engaging in your favorite hobby.

That fantasy wouldn't be as great of an experience as the reality, in which you can be yourself to 100% and do everything you want while engaging in that hobby.

Or imagine singing, dancing or doing sports and you have to restrain yourself every minute for 1 second, then you couldn't possibly enjoy those activities to the fullest extent.

If you apply that analogy to life or any type of relationship, then you should understand what I mean by hesitation and restraint almost always lead to sadness.

I don't like it at all when fear takes over me.

I also don't like not being my 100% true self around my friends, family members, and partners.

And they almost certainly wouldn't like it either if they knew that I was suppressing myself in front of them because of fear.

And I wouldn't like it either if a friend, family member, or partner of mine were scared of me and suppressed their true self in front of me.

If you in the presence of a friend, family member, or a partner, never have to suppress yourself ever, then you should really cherish that person.

2) Living with other people

One of the things that I hate the most about living life, is living alone.

To me, there is no benefit to living alone, in comparison to living with at least 1 other person.

Another thing that I hate the most about life, is feeling solitude in the evenings and nights.

My parents and siblings pretty much never spent time with me ever which is why I always felt alone at home.

Because of friends and school, I never felt solitude in the morning, noon, and afternoon, but I felt lonely and bored over 95% of evenings and nights since I was all by myself.

My childhood was overall garbage, but when I think about when I was the happiest in my childhood, then I think about the times I did stuff with other people during evenings and nights.

Especially sleepovers with my friends come to my mind.

That's when I realized, that when you live with a romantic partner and you also have other roommates in the same house, you will never feel bored or lonely in your house.

Just seeing people that I like in my kitchen or living room, who live completely separate lives from me outside the house, makes me super happy.

Just knowing that when it's evening or night, I can talk to people in person or do stuff with them, gives me a lot of comfort.

Excluding children, not having enough space in the house, or any other safety or convenience reason, I think the vast majority of adults in relationships don't like to live with other friends or family members, because of loud bedroom sex, and kitchen sex, living room sex, or whatever other room people like to have sex in.

If a person is your friend or family member and you don't find them annoying, disgusting, and/or dangerous, what other reason could you possibly have to reject living with them, if not for sexual reasons?

2) Always being a perfect version of yourself in front of your loved ones

If you always present the perfect version of yourself to your friends, family members, and partners, you will do a lot of self-inflicted damage to yourself.

1. Always trying to make people laugh.
2. Always helping people when they need it.
3. Always trying to cheer people up.
4. Always initiating conversations and activities.
5. Always planning and preparing stuff.
6. Always putting on a smile, even though you don't always feel like smiling.

7.   Always trying to be the best partner, parent, and friend when possible.

All of those activities require energy and there will inevitably come days when you are not feeling well mentally and you just don't feel like being your usual self, which is your best self and the one that everyone likes.

Kindness and selflessness can lead to you always being the best version of yourself and consistently helping other people because you don't want to let down people.

But kindness and selflessness can also lead to you neglecting your own life because you can't say "No" to people.

And insecurity as well can lead to you always being the best version of yourself.

If you are insecure and if you are also always trying to be the best version of yourself, then you will delude yourself into thinking, that the people that you care about, only like the best version of yourself.

And as a result, you will be afraid to show your vulnerable self to other people, when you are not feeling well, because you fear that the people close to you, will think of you as a burden or as a nuisance.

And when you are not feeling well, and someone you care about requests a favor from you, then you are going to have a very hard time saying no, because you don't want people to be

disappointed in you and/or because you don't want to let down other people.

And if you are the one who needs help, you are going to be very reluctant to ask for help, because you don't want the people that you care about, to think of you as a burden or as a nuisance.

I think the mindset of perfectionism is completely flawed, however, I don't think that there is anything wrong with always being your perfect self.

However, I think that it is a good idea, to preemptively ask people if they would help you if you ever needed it, and if they would be fine if you were to sometimes say "No" to them.

I don't want the people in my life to be scared of me, for any reason ever.

This is why I tell them all, that if they ever needed help or advice, they could come to me and that there wouldn't be any judgement from me.

This, in turn, makes me the person everyone comes to for help or advice, which I don't mind because if I don't feel like it, I can always say "No".

You don't owe anyone anything, which is why you should never be guilt-tripped by a person into doing anything.

2) Unconditional love

My 19-year-old self didn't believe in the existence of permanent happiness, unconditional happiness, and unconditional love until I was fortunate enough to find out that all of these things existed.

Dog owners never fear their dogs disliking them or their dogs leaving them, and I would want people to feel the same way about me.

While I never fear abandonment from my friends and family members, I wish I could feel that way about my partners, but I almost never do.

Humans don't have incredibly high standards for dogs from start to finish, and I always wondered why humans have a different mindset about other people.

Maybe I am the odd one out because I just never think about rejection, neglect, or abandonment of other people unless someone turns into a trash person.

I can unconditionally love a friend, family member, or partner and so can they, but I think too many humans feel like they have to eternally meet certain conditions, in order to get the attention of their friends, family members, or partners.

Having fun when spending time with a non-evil person is my only condition, to declare someone my friend, and once they are

my friend, they don't have to fulfill any conditions anymore, to remain my friend.

A friend of mine doesn't have to "prove" themself to me anymore and they aren't required to do anything and I am not entitled to anything from my friend.

And the only thing that I ask of them is that they don't turn into an awful human.

Technically, that is still conditional love, but you get the point.

Thankfully there are many people in this world, who make you feel like you don't have to put up a performance as a friend, family member, or even as a partner.

I don't mind always being my best self, but I don't want to feel like I have to be my best self whenever I am spending time with a certain person.

Whether it is a friend, family member, or partner, when you have a person in your life who unconditionally loves you, then you should cherish that person, because they can be quite rare in this world.

2) Greed, envy & high expectations

A human wouldn't be a greedy or envious person if they were 100% happy with the life that they have.

When I was single and an incredibly insecure person at 21 years old, I would always feel super envious and sad whenever I saw a beautiful couple in real life or on TV.

I would always think that I could never get a beautiful girlfriend like that woman and I would also at the same time, think that I could never be as desirable to a woman, as that man.

And ever since I was a little child, I would always feel sad, whenever I saw a couple kiss or hug each other, because I have never been the recipient of any kind of love from anyone ever.

From 20 to 24 years old, I thought that I could get literally everything I wanted, factoring in my good and bad traits.

But no matter how much I had, I always kept asking for more.

I didn't want other people to have something that I wanted but didn't have.

Especially if I thought that I was incapable of getting that something because it made me feel like I had a flawed life.

Not only that but if I had a problem, such as not having something that I wanted, despite me trying my literal hardest to get it, then I would have felt like a massive failure for eternity.

I also wanted to have something that other people didn't have, or I wanted to have more of something that other people also have.

Something like more happiness in life, so that other people would envy me for my happiness and in return, my inferiority complex will feel better about myself.

I also had the expectation that my present life always had to be better in some way compared to prior years.

I wanted for my life to never stop getting better, or in other words, I wanted my life to somehow continuously get better until my last day on earth.

I think I got the point across that I was a very envious and greedy young adult with a gigantic inferiority complex.

I think that most people like my past self aren't even aware that they have greed, because most people associate greed with money, when in reality, you can be greedy about anything that brings joy to a human.

After all, gluttony is the food version of greed.

I also kept comparing myself and my life to other people and their lives.

And I always had high expectations that inevitably became impossible to fulfill.

I always heard that comparisons and expectations make you unhappy, but I was arrogant and naive enough to think that it wouldn't negatively affect me.

It took me 3,5 years of consistently doing it to finally understand 100% of the negative effects that comparisons and expectations have on you.

High expectations and comparisons will usually lead to misery.

And you can be envious of other people, without feeling bad about yourself and your life, but there are no benefits to having greed.

Greed is 1 of the biggest happiness killers there is, because you can never fully satisfy your greed and you always think about the thing, that you are greedy about.

And since you don't have enough of the thing that you are greedy about, you are stuck in a negative emotional cycle full of greed, envy, frustration, and sadness, that always repeats itself.

If you keep asking for more and more, then all you get is more and more frustration and sadness when it inevitably reaches the point of unrealistic desires and goals.

You will never get enough of what your greed demands of you because it will always ask you for more.

It is impossible to satisfy greed and it is impossible to be 100% happy, while there is any degree of greed inside you.

There is nothing wrong with being ambitious.

There is also nothing wrong with always trying to get what you want.

But if you do not learn to be unconditionally happy, then your huge goals and your big wishes will take a huge toll on your happiness.

It is easy to criticize greed and constant high expectations with words, but it is significantly harder to actually stop being greedy and to stop always having high and unrealistic expectations.

What worked for me was to stop overthinking about everything and to be mentally present in the present rather than always thinking about a hypothetical future.

I just learned to exist and to just live.

In other words, I learned to do nothing and to not let my thoughts drift away from what is right in front of my eyes.

And then I remind myself that I have a good life and that the only thing that can make me unhappy are my own thoughts.

And I also started to be happy about the fact that I am happy and that I have a good life.

When you are happy, and when you also have a good life, and when you also have no insecurities bothering you, then how could you possibly not be satisfied with your life?

That sounds like a life to be envious of.

I can't even with confidence say whether the majority of humans have a life like that.

Once I learned to be unconditionally happy and to be mentally present in the present, greed and high expectations haven't bothered me since.

And since I became happier as a result, my inferiority complex also started to completely fade away.

I only learned to be mentally present in the present, because I was helping a child 1 time when I was 24 years old.

2) Does helping other people bring you happiness too?

One source of happiness could be to bring happiness to other people.

Parents, grandparents, babysitters, and people who work any job, in which you have to take care of other people, do that all the time, but that is not necessarily what I am referring to.

Humans help other people for a variety of reasons, including for ulterior motives, or because they can, or because they want to feel good or better about themselves, or because they want to help a person that they care about.

But there is 1 thing that helping other people also does, which is something that no one talks about.

Helping other people distracts you from your negative thoughts and negative emotions, and makes you realize, that there is more to your life than yourself.

People have desires and if they try, but can't get the things that they desire, they become sad.

And depending on how much they desire and can't get, they can be a little sad or they can be super sad, if not even suicidal.

If a suicidal person were to help another human, then all of their desires wouldn't matter when helping another human, because the suicidal person's focus becomes the desires, of

the human that they are helping, and that human's 1 desire in this scenario, is to solve a solvable problem.

The suicidal person shifts their focus from their "unsolvable" suicidality to the other person's solvable problem.

Or in other words, the suicidal person distracts themself with an easily solvable problem of another human, and as a result, has an absence of negative emotions in their head, by virtue of temporarily not thinking about suicide anymore.

It is similar to how some very insecure people who feel like they are not enough for other people, find joy in being voluntary servants or voluntary slaves to certain people.

Because when that type of insecure person fulfills the requests of someone, then they did do exactly as asked, which means that they performed the best they could, which means that they did everything right for once.

And as a result, it makes them feel good about themself, especially because they were also specifically desired by another person, while also being useful to another person while also feeling needed by another person.

People help other people for a variety of reasons, and I think 1 of those reasons is that they want to distract themself from their negative thoughts, while simultaneously making another human happy.

I never realized all of this while helping friends, or while doing community service, but I did realize it when I was babysitting a child of a friend.

I as always had my negative thoughts, and the child wanted me to play something with them.

The moment I decided to play with the child, all of my negative thoughts and negative emotions immediately went away and I noticed it, right afterwards.

I don't see helping other people, to distract yourself from your negative thoughts as inherently selfish, because I genuinely don't want the people that I care about to be sad, which is why I would help anyway.

When that child asked me to play with them, I had 2 options.

Either I play with the child or I don't.

And if I don't play with the child, then the child gets sad, and then, as a result, I get sad because I don't want people to be sad, for any reason, ever.

That's when I realized what unconditional happiness was.

Up until I was 24 years old, I always thought about how to be happy, instead of just being happy.

My thoughts were stuck in the future, in which I saw nothing but boredom and sadness, and the moment I focused on the present, all of my negative thoughts and negative emotions were gone and I felt happy again.

That moment with the child made me realize, that if thinking about the past or future makes me have negative thoughts and

negative emotions, then I should completely focus on the present, even if for no other reason than to feel happy again.

Because when I focus solely on the present, then I am unconditionally happy, as I have an absence of negative emotions in my head.

And so I learned to just be and to just live, whenever my thoughts are the literal only thing bothering me, in my life.

2) To be perceived as a kind, smart, tough, assertive, and brave person

Everyone wants to be thought of as kind, smart, tough, assertive, and brave by other people.

Or to be more precise, no one wants to be thought of as a selfish or bad person, a stupid person, a weakling, a pushover, or a coward by their friends, family members, and the opposite gender.

You especially don't want to be thought of as selfish, stupid, weak, or cowardly if you yourself think of yourself as kind, smart, tough, assertive, or brave.

But you should definitely give up on the idea of everyone thinking you as kind, smart, tough, assertive, and brave because you can't really prove in 1 conversation that you are kind, tough, or brave.

You should especially stop caring about whether people think of you as smart because lots of people are going to think of you as stupid for just having different political views than them.

The point I'm trying to make is that you will almost never convince people that you have a certain personality trait, just through words, and that you should stop caring about it because otherwise, you will be doing a lot of self-inflicted damage to yourself when it could have been prevented.

It's so funny and sad how this world works because people will assume dozens or hundreds of bad things about you, but at the same time they will assume nothing positive about you and you have to provide evidence for every good trait that you have.

When I get accused of having a bad personality trait, it is not my obligation to prove that I do not have that bad personality trait, but your obligation to prove that I have that bad personality trait first.

At 21 years old I got tired of always having to explain myself over and over again, which is why I stopped caring and let people think of me what they wanted to think.

And as a result, I became a much happier person by virtue of not getting frustrated at people anymore, for thinking that I am selfish, stupid, weak, or cowardly.

2) Sleep deprivation

Sleep deprivation is 1 of the biggest happiness killers there is.

Just to be clear, when I say sleep deprivation, I am not necessarily talking about getting enough sleep, then staying up for too long, and then getting tired.

Instead, I am talking about not getting enough sleep and then staying up for too long, even though you are sleep-deprived.

When you are staying up 24+ hours and are super tired or when you are sleep-deprived, you will have a slight headache, and you are far more likely to have negative thoughts if you are not aware of the symptoms.

When I was 21 years old, there was 1 week, when I consistently didn't get enough sleep and my suicidal thoughts in that 1 week, were worse than ever before.

With each day it got worse, until by the end of it, my suicidal thoughts were so strong, it felt like gravity pulling me down and it literally brought me down to my knees.

My life felt so hopeless, that I almost tried to kill myself.

But after sleeping enough, I reverted back to my normal self.

Shortly after, I wanted to find out what happened to me that week and I eventually realized that the slight headache I had that week, was the same one I always get when I stay up for too long and I remembered that I didn't sleep a lot during that week.

Sleep deprivation is a huge happiness killer and it does so many more negative things to you and not just decrease your happiness.

There really is nothing positive to say about sleep deprivation and I'm sure you have had your own bad experiences with it.

2) Your job's impact on your happiness

If you work 8 hours a day and 5 times a week, then you will spend about 40% of your 20's, 30's, 40's, and 50's on your work and transportation.

If you cherish your happiness, then you should aim for a job that you love and enjoy forever.

I could not enjoy life, if I had to work a job that I hate, for 8 hours a day.

Especially because the rest of the day I would be exhausted from working a job that I despise, and at the same time I would dread going to sleep because I am not looking forward to going back to work the next day.

Another thing that bothers me is wasting 40% of my life on work and not learning anything new about this world and its humans.

Excluding job and academic related subjects, I have never directly learned something significant from other people, but I learned so much by observing other people and by spending time with other people.

I wouldn't be able to learn anything new if I spent 40% of my life on a job with no or little human interaction.

3. PERSONALITY CHANGE

Who hasn't asked themself whether adults can become completely
different people in their lifetimes?

I think the vast majority of people would say that most people only
change a little bit throughout their adult life.

I went through 8 big personality changes from 15 to 24 years old,
most of which happened because of bad life experiences.

Most of my personality traits were either objectively bad, or they
were good personality traits that were fueled by hatred.

While I hated parts of myself until I was 23 years old, I fully
accepted myself at 18 years old.

But I never stopped trying to become a person who does not hate
themself for anything.

In fact, I wanted to erase all of the hateful thoughts in my brain,
because not only didn't I see a single benefit in them that is

exclusive to hatred, but they were also just annoying me while also always dragging down my mood.

I don't mind hating anyone or anything the same way you would hate a bad movie, but I desperately wanted to get rid of my superiority complex and my cynicism.

And I refused to accept that hateful thoughts about myself, other people, and this world would always be with me and that they are part of being human.

In the end, when it comes to myself at least, I turned out to be right.

3) Anger

I never had an opinion about anger until a certain incident.

When I was 15 years old, I got into a huge verbal fight with my obese mother, and in 1 moment, I was so angry at her, that I called her a fat whale.

I instantly recognized that that was the first time I ever insulted her, based on her weight and I asked myself, why I just did that.

I was a very insecure teenager, which is why I knew how painful and embarrassing it is when someone even acknowledges the thing that you are insecure about.

I would have never called someone, especially my mother, ugly or fat, and yet, I did it right there.

Everyone, including my mother, knew that she was obese and she was also in the wrong, regarding that fight, but those still were no justifications for me, to break my principles.

I realized that moment, that anger took control of me and made me do something that I absolutely opposed.

I also realized that anger makes you say certain stuff to purposely hurt other people with something that you know will hurt their feelings for sure, like calling a person who is insecure about their looks ugly.

Or if you are angry at an ex-partner, telling them that the sex was bad or that you cheated on them would almost certainly hurt them, and on top of that, they also would never be able to find out if it's true or not.

I also realized for the first time, that physical wounds may or may not heal, but people will always remember your words.

I called my mother a fat whale in a huge verbal fight, and both of us will never forget about it.

After this incident, I decided to never embrace my anger ever again, and when I inevitably become angry again, then I would rather suppress my anger than let it out on another human and potentially say or do something, that I will regret later.

Especially because being angry doesn't automatically mean that you are right.

After that incident, I reflected on every moment in my life, in which I was angry, and I thought about all the times I threw a gaming controller on the ground and how stupid that was, since my family was poor and since gaming controllers are kinda expensive.

I wanted to get rid of my anger completely, but my gigantic arrogance and my gigantic hatred for humans made it difficult for me to get rid of it all.

At 16 and 17 years old, I frequently got into verbal arguments with well-intentioned people, because I always assumed the worst in other people.

I always thought that those people were lying to me, or that they were mocking me, or that they wanted to take advantage of me.

It got so bad and so frequent that at 17 years old I finally noticed that I was the common denominator in all of those arguments and I finally started to question myself.

I finally realized that I was at fault because I always assumed the worst in people and more importantly, I always refused to believe the things that people said to me.

The problem was not that I had a victim complex, instead, the problem was that I thought of myself as a super genius who always knew better than other people.

I always refused to believe what other people said to me if it sounded unbelievable to me and accused them of either lying to me or of mocking me.

My anger issues were mainly responsible for me acting that way at 16 and 17 years old.

My gigantic arrogance and my gigantic hatred for humans fueled that behaviour, but they were not the root issue.

As a result, I started to become a calm person in general and I started to be more generous towards other humans when it came to their words and actions towards me.

And since then I have never exploded on another person ever again with anger all over my face and mind.

A few years later, I also learned that your initial thoughts don't sound as good as you believe you do.

Just think about any time you have written a story or an essay and about how many times you have immediately changed what you have originally written.

Every time in my life that I embraced my frustration, I thought that I was saying or writing something good, but the next day, I was ashamed of myself because I couldn't understand how I could possibly say something so cringe.

It happened so many times in a row, that I couldn't believe the difference in my personality, when I'm frustrated and when I'm not.

It's like when you feel super angry about someone one day and then the next time you see them, all the anger inside you is gone and you wonder why you were so angry at them in the first place.

It is so funny because when you are arguing with someone who has a different opinion than you, you almost certainly think of them as childish, hysterical, and/or impulsive when they get angry all of a sudden.

But when you yourself or someone with the same opinion as you ever get angry, then it's not immature in any way, because it's justified anger since you are supposedly right.

I came to the conclusion, that every time I say or do something, while I'm angry or frustrated, then I will always without exception regret it a day later, and that I should instead just take a break from whatever I'm doing and come back later.

3) Living life as a hateful or cynical person

Because of my awful childhood, I emotionally died at 15 years old.

From 16-20 years old, I became an incredibly hateful, arrogant, cynical, and pessimistic human, who would always have a negative thought first, whenever I saw anyone or anything, even when it was children or a happy couple I saw.

I always hated myself for being so negative because I knew it was hugely responsible for my lack of happiness in life.

I always envied other people for enjoying things that I was annoyed at, such as spending time with little children and animals.

I wanted to get rid of all of my hatred because it was significantly decreasing my happiness in life and it was just agonizing

having hateful thoughts and hateful emotions on a frequent basis.

Imagine if you are a stand-up comedian and you make your audience laugh with your jokes 90% of the time, but 10% of the time you tell an unfunny joke.

A lot of people wish they could make people laugh 90% of the time, but some people like my past self would get frustrated at the 10% of the times when things don't go the way they want.

And you can apply that analogy to anything good and bad regarding yourself, your life, and other humans.

People like my past self intentionally or unintentionally focus more on the negative aspects of things than the many more positive ones.

Despite having an objectively good life, the majority of the time I focused on the negative aspects of myself, my life, and other people.

I knew it was stupid of me to do so, but I had my reasons to partially embrace my hatred.

The reason why I refused to fully let go of my hatred was because I always thought that hatred was a great motivator and a great source of willpower.

But I have come to realize that there are many people, beliefs, and emotions that can be equally as good as hatred when it comes to fueling your motivation and willpower.

On top of that, hatred is also the only fuel that comes with plenty of major downsides.

And when it comes to me, hatred has no benefits that are exclusive to hatred.

I finally realized that embracing hatred was 100% counterproductive when I compared the times when I was happy to the times when I was not doing the things that made me happy.

When you watch a good movie, TV series, or anime, you don't have any negative thoughts while watching them and you are just enjoying what is in front of you.

You are not nitpicking the show that you watch and you also don't think about things that you hate.

And when you sing your favourite songs, you don't feel any negative emotions while singing and instead, you feel so many positive emotions all at once.

And you don't have any negative thoughts either when you sing your favorite songs.

But when I was living a good life, I was full of negative thoughts and it was dragging down my enjoyment of everything.

When I compared living life to watching great movies and singing my favorite songs, I finally realized that for the sake of my happiness, I must lose all of the hatred inside of myself.

My happiness is my number one priority in life, because if you are not happy, then you are incapable of enjoying life.

In the end, I finally stopped embracing hatred to any degree, because it will just do so much self-inflicted damage to your happiness, that could have been prevented.

Around the same time I let go of my hatred, I also had finally enough of my cynicism.

Cynicism may not be the cause for the following examples, but a lot of cynical people act like that.

1. Imagine whenever you tell a story, your friend always says "Cool story bro" afterwards.
2. Imagine if you tell a funny story to people and everyone ends up laughing, but your friend then says "You already told this story before."
3. Imagine whenever you talk about a life experience of yours with other people, your friend says "Sounds like a fake story" or "You're lying" afterwards.
4. Imagine whenever you say something, your friend always says, "Nobody cares" afterwards.
5. Imagine whenever you give advice to someone, your friend always says "No sh*t Sherlock" or "Thanks captain obvious" afterwards.

6. Imagine whenever you or someone you care about cries and your friend says "Those are crocodile tears".
7. Imagine having a friend who always makes fun of other people who are having fun and who are being happy while they are simultaneously not bothering anyone.

Who the hell would want someone like that in their life?

I was kinda like that up until I was 21 years old, however, there were major 2 differences.

Firstly, I didn't have such awful thoughts in my head, but secondly, and more importantly, I kept my cynical thoughts almost always to myself.

But I was still annoyed that I had very cynical thoughts about other people.

Cynicism is an absolutely useless and counterproductive personality trait.

What irritates me a lot, is that so many people embrace their cynicism until their last day on earth.

A lot of cynical people talk about the things that they hate more often than the things that they like.

Cynical people are so incredibly predictable because they usually respond to anything with a negative response and with an arrogant smile on top of that.

A lot of cynical people have the opposite principle of "If you have nothing nice to say, then don't say anything at all".

They always have to share their opinions on things, and they also tend to be contrarians and nitpickers as well.

I always imagine that cynical people surround themselves with like-minded people, because who would want to have a cynical party-pooper as a friend, when all they do is always drag the mood down, with their constant negativity?

I think they leave more bad first impressions on other humans than good ones.

Lots of people think that cynical people are cool or funny, but you can be cool and funny without being a constant complainer and nitpicker.

I stopped being a cynical human because I didn't want to be a party pooper, who always drags the mood down and I also didn't want to leave bad first impressions, whenever I talk to a new person.

3) Pride

Just to be clear, I am exclusively referring to the pride that is based on being proud of not being like someone you hate.

Like how some meat eaters make eating meat or hating vegans part of their identity, because they can't stand vegans for their own personal reasons.

I was like the meat eater in that analogy.

But instead of being proud of not being vegan, I was instead proud of not being like the adults in my childhood.

For the sake of clarification, I will call this version of pride "toxic pride" in the next few pages.

Toxic pride used to bother me in 2 ways, with the first one being that I always said stuff like, "I have a good life now, despite my family mistreating me in my childhood."
At 21 years old, I was having a good life, but the people of my past were still dictating my thoughts and emotions to some degree, even though they hadn't been part of my life for years.
This made me realize why pride is considered a deadly sin because whenever I felt pride, I always thought of people I hated.

It didn't take me long after that to realize that I was never truly my own person, because almost all of my beliefs and principles that I had were about being the opposite of the adults that have wronged me in my childhood.
Deliberately being the opposite of the people that you hate, does not make you your own person, and instead, it makes you a puppet since your personality, words, and actions are not determined by you, but instead by other people.

The second thing that bothered me about toxic pride was that it prevented me from doing certain things because either I didn't want to embarrass myself in public or because I thought that I was above a certain action.
Amongst many things, there wasn't anything anyone could have said or done, in order to get my 18 to 21-year-old self to sing in

a karaoke session, or to get me to dance in a nightclub or wedding.

I embraced toxic pride because you feel so great when you feel it, and ultimately I still think the main function of pride is to give a human comfort.

But my toxic pride gave me way too many headaches, and it also had the potential to not only decrease my happiness but also the happiness of others, which is why I decided to finally drop it at 21 years old.

I also dropped it because I didn't want to think about the people, that have wronged me in the past anymore.

I used to think that toxic pride was a cool and attractive personality trait to have, but at 21 years old I started to prefer courage because I think letting your fear take control of your words and actions is incredibly lame.

3) Arrogance & modesty

The only environment in which arrogance has the potential to benefit you is in academics, competition, and in your career.

Unfortunately as a teenager and young adult, I was an arrogant person at all times.

While my 16-year-old self had a huge amount of arrogance internally, he also had a huge amount of modesty internally for completely different reasons.

I had a gigantic superiority complex over humans, but at the same time, I recognized that the world would be a far worse place if the planet was full of people like myself.

1. Humans have created cars, public transportation, books, pens, papers, chairs, desks, beds, computers, clothes, televisions, glasses, contact lenses, and anything else that has helped people in their life life.
2. If the world was full of clones of mine, then most of these things wouldn't exist, because my intelligence and my skills have limitations, just like every other human in this world.
3. I could not even read or write if it wasn't for other people teaching me how to do it.
4. And there are plenty of necessary and undesirable jobs in the world that I would never do for personal reasons, which makes me appreciate people who do it instead.
5. And other people are majorly responsible for my happiness, with which I live life and take on any challenge in life, by either creating entertainment in all shapes and forms for humans or by being great friends, family members, and partners in general.
6. And every human has profited from the knowledge and wisdom of the people of the past in the form of past-down knowledge through books, television, education, training, tutoring, random conversations, etc.

For the reasons listed above I neither believed in the concept of "self-madeness", nor did I ever care about being perceived as a self-made person.

But even my huge amount of modesty didn't prevent me from becoming an incredibly arrogant human.

People like my past self lose all happiness and hope and they inevitably embrace arrogance, because the feeling of superiority distracts them from their very sad, regretful, and hopeless thoughts.

And if other people are objectively at fault for your miserable life as well, then it is even more appealing to have a superiority complex towards certain groups of people, especially if other people blame everything on you and say that you shouldn't make any excuses.

Arrogance is like greed and you can never get enough of the feeling of superiority, which serves as a substitute for pure and genuine happiness.

Arrogance is fueled by hatred and is also usually accompanied by stubbornness and close-mindedness.

And the more arrogant you are and the more hatred you have inside of you, the more you will have a completely warped perception of how smart, kind, humble, and compassionate you are.

Either humans embrace their arrogance from the start, or they think they lost their arrogance and then become arrogant because they think that they are not arrogant anymore.

And if they make it past that stage, then they will become arrogant, because they think that they are enlightened and other humans are not.

Arrogance is not just a constant state of mind, it is something that you can be at any moment, given the right circumstances.

You don't have to be an overall sad person, to be sad from time to time, because of sad circumstances.

Any person who isn't aware of that almost certainly hasn't beaten their arrogance.

For 21 years, I had so many stupid beliefs, and the only reason I changed for the better, was because of fortunate circumstances.

If it wasn't for Angel that randomly appeared in my life, I would have still remained the same toxic person I was, until the end and I would have 100% killed myself in my 20's.

And at the same time, I was a teenager which is why I can't blame myself too much for turning out the way I did.

I was lucky to have met Angel and I was lucky that I got to redeem myself before it was too late, but many people in similar circumstances are not as fortunate as me.

I used to think that stupidity was an unforgivable trait to have, because with your stupidity, you can't just hurt yourself,

which I didn't care about as a teenager, but more importantly you can hurt other people with it, even when you have good intentions.

I suffered so much in my childhood, to the point where I wanted to kill myself, because of the consequences, that were the result of the lack of intelligence and wisdom of the adults in my life.

But since I learned at 21 years old, that I was incredibly stupid as well and that I only was able to change because of fortunate circumstances, I drew the conclusion that I had no justification anymore to judge other people for their "stupidity" anymore, especially if they were teenagers.

I also thought it was ridiculous, to have high expectations of teenagers, because I wasn't a well-behaved child and the only reason I turned into a well-intentioned teenager, was because of my suicidality.

I thought that it was incredibly unfair, to declare people destined for failure, because of the mistakes they have made in their younger years.

In the end, I have significantly decreased my arrogance and significantly increased my modesty at 21 years old.

Since my arrogance decreased and my modesty increased, I also started to become a more forgiving person.

3) Arrogance & forgiveness

In my childhood, I was never taught, never raised, never helped, and always neglected which is why as a little child, I learned to have empathy all by myself and it grew with the adversity that I faced in my teenage years.

Because my childhood was so awful, as a result, my teenage self felt a gigantic amount of sadness, loneliness, exclusion, insecurity, fear, frustration, regret, guilt, powerlessness, and hopelessness.

It is because of that reason, that I had a very easy time empathizing and sympathizing with people who were hurting inside, as far as the emotions go, even if I didn't experience the same traumatic event that they did, in my lifetime.

I had empathy, because of everything that happened to me in my childhood, but I also never, not even once thought about forgiving the adults from my past, who had wronged me.

I was the type of person, to hold grudges forever.

In hindsight, I think it's stupid to hold grudges against someone when instead you could either move on or forgive people.

Dogs, cats, children, and babies can make 5 billion mistakes and they will be instantly forgiven each 5 billion times, but if an adult has the audacity to mess up even 1 time, then it's over for them.

I think the only people in this world, to have insanely high expectations of 13 to 23-year-olds, are people who never lost their arrogance and stubbornness from their teenage years.

Why else would you think so highly of teenagers and young adults, if not for you thinking that you were a mega genius in those years?

Generally speaking, is incomprehensible to me, to have super high expectations of teenagers and young adults.

Because having unreasonable standards that most people can't meet, will only reduce the number of people that can potentially become your friends and partners.

And it could also potentially ruin the relationships that you already have with people, which is especially true when you have your own children.

It is like expecting an 8-year-old to perform well in high school.

You can't expect people to be as good or as bad of a parent, as you or your parents, because projecting your intelligence and stupidity onto other people is always a stupid thing to do.

Would you want other people to have unreasonable standards for your children as well?

I don't treat people based on their age, but solely on their words and their actions, and if someone says or does something stupid and acknowledges their mistake and takes accountability for their mistake and apologizes for their mistake and maybe even atones for their mistake, then my

opinion about them reverts back to what it was before the mistake.

Or in fact, it would probably improve my opinion of them because too many humans absolutely don't want to acknowledge their wrongdoings and they especially don't want to take accountability for their wrongdoings and they even more so don't want to apologize for their wrongdoings and above all else, they don't want to atone for their wrongdoings.

3) Arrogance & comparisons

If a baby that was born is level 1 and you can become level 100 in your lifetime, then arrogance will slow down your leveling-up progress.

The only environment in which arrogance has the potential to benefit you is in academics, competition, and in your career.

Anywhere else it is a completely unnecessary personality trait to have because a human's private life should not be a competitive setting in a serious way.

I don't compare myself and my life, to other people and their life, because I don't get anything out of other people's superiority or inferiority, because I am neither arrogant nor insecure anymore.

I don't need the feeling of superiority, as a compromise for genuine happiness, because I can get happiness the pure way.

I also neither need the feeling of inferiority to justify my insecurities or my fears, nor do I need it to justify my desire to

do absolutely nothing about my supposed inferior life, because I don't believe it is impossible to attain consistent happiness, even if you were to have more disadvantages in your life, than the supposedly superior people.

If you are living an objectively good life, or in other words if you are objectively not living a bad life, then comparisons will add absolutely nothing to your enjoyment of life at best, and at worst, they will unnecessarily ruin your enjoyment of life.

You couldn't enjoy a movie as much on a TV screen if there was another TV screen with a different movie right next to the one you actually want to watch.

3) Paying attention to the thoughts and feelings of other people

I learned to pay attention to other people's thoughts and feelings, and I started to show more compassion to other people as well.

From my own perspective, because of my empathy and my righteousness, I never planned on deliberately physically or emotionally hurting an innocent human ever.

However, I never learned to consider the perspectives of other people.

I used to think that if I do what I say and also do what other people say, I can't possibly do something wrong.

I have been told by some people that if I ever needed help with something, I could call them and they would help me.

Those same people would also call me from time to time and ask what was going on in my life since the last time that we talked.

It was always them calling me and not the other way around.

Meanwhile, because I always thought that I would be a bad parent, I always tried to think of a way to ensure that my children don't ever regret being born.

And one day, I was daydreaming about being a parent and wondering if my children would ever in their lifetime regret having me as their parent.

I imagined them being in university and I thought about telling them that if they ever needed help with something, they could always call me.

I was imagining calling them about every 3 or 4 weeks and them only calling me, whenever they needed help from me.

They were doing exactly as I told them, but they never initiated a call, unless they needed something from me.

I felt like they didn't like me that much and that they only talked to me because they didn't want to hurt my feelings.

A few seconds later, I realized I was doing the exact same thing as my imaginary children, but in reality to the people I mentioned earlier.

I felt like such a gigantic moron, for being that dense.

Doing exactly as told in social situations, is not always the best.

If a parent tells a child to initiate some phone calls themself, then the parent can never be certain if the child initiates calls because of love or because of pity.

Ever since I made that realization, I have gained more compassion and I started to pay more attention to other people's thoughts and feelings.

This is why I started to initiate phone calls with people because I don't want the people that I like, to ever doubt if I like them.

Doing always as told or as expected is not always a good thing, especially in relationships.

Even if your partner says that you don't always have to be the best partner possible, everyone likes it when their partner puts effort into the relationship, especially if it's for the sake of making them happy.

Most people would still like or appreciate a surprise that didn't turn out as well as planned, because they love the fact that their partner tried to make them happy, without any provocation needed.

3) Holding back for the sake of other people's reputation

You know how a lot of people say that the people that you surround yourself with are a reflection of your personality?

When most people think of that mindset, they usually start to question whether a specific person in their life might be a poor reflection on them.

But I think very few people think about the possibility that they themself could be a poor reflection on their friends, family members, and their partners.

Because when you think of that mindset, you usually think that only really bad people can poorly reflect other people.

And most people don't think of themself as really bad people.

But being a poor reflection on your loved ones and being a really bad person doesn't always have equal the same.

1. When you are impolite to strangers, or in other words, if you aren't showing your best self to strangers, then they are probably going to think a little bit negatively of your parents.
2. Or if you aren't showing the bare minimum of etiquette, or in other words, if you were to for example eat with your mouth open in public, then people are probably going to think that your parents didn't teach you any manners.
3. Or if people keep saying that you are selfish and you always without exception always insist that you are not, then people are probably going to think that your parents spoiled you and never told you "No."

Forget about the fact that you have the freedom to do whatever you want as long as you don't commit crimes.

And forget for a moment about who is right or who is wrong.

And don't focus on the word parents and replace it with any person who has consistently taught you, raised you, and/or helped you.

When you associate with certain people, you kinda become a representative for them to some degree.

And on top of that, the person that you care about and that you are grateful for can also be proud or disappointed in you as well.

To whatever degree it may be, children are a reflection of their parents, friends are a reflection of other friends, and students and disciples are a reflection of their teacher or coach.

And you know how obnoxious humans can get when they make stupid assumptions about you and spread false rumors about you to other people.

Ever since I was 21 years old, I stopped caring what strangers had to say about me regarding anything.

But I do care that they don't spread misinformation about the people that I surround myself with.

I don't want to damage the reputation of the people that I care about.

And because of that, I have become more cautious about the things that I potentially say and do in public.

3) Fear of being a bad parent

For 21 years, I was always wondering if I would be a good parent if I had children.

At 21 years old, I was confident that I could be a good friend, family member, and partner to the people around me, but I always thought that I would be a bad parent if I ever had children.

A lot of my self-hatred came from my belief that I would probably be a bad parent if I ever had children.

Because I wanted to kill myself since I was 15 years old, I regretted being born and I regretted being born to both my awful parents, and I could list hundreds of things, that my parents did wrong, regarding parenting.

Because I absolutely despised my parents, I was incredibly scared to have children, that would potentially end up hating me and regret having me as their biological or foster parent.

As a child, I always envied other children for having good parents and I always asked myself, why I couldn't be blessed with good parents.

I wanted to have children at some point in the future, but I was absolutely terrified of my children thinking about me, the same way that I thought about my parents.

As a teenager, I was so incredibly insecure about my personality, that I thought that no one would like me as a friend, partner, or parent.

Not being liked by your own children hurts a gigantic amount already, but if after raising my children for 18 years, they end up not liking me, then I would see that as the biggest failure of my life and a testament to how worthless I am.

I always tried to come up with a formula, on how to be a good parent for certain, but I could never find the answers to my questions.

I could always point out what bad parents did wrong, but I could never find out what good parents did well, that wasn't the direct opposite of what the bad parents did wrong.

It's kinda like how you can recognize bad food, but you wouldn't know how to cook like a professional cook.

Even if I did all the good things, then I would still see my children not loving me and only talking to me when it was a special day, or when they needed money or help.

I could name hundreds of things that my parents failed to do with me, but at 21 years old I realized that I wanted none of these things.

The reason why I deluded myself into thinking that I wanted those things, was because I wanted to justify my hatred for my parents and I envied the things that families usually do together, such as doing activities together or going on family vacations.

What I actually wanted in my childhood was someone to always be there for me whenever I needed someone or whenever I

wanted someone to spend time with me, even if it was just 1 person.

But I had no one in my life, which resulted in me never being taught, never being raised, never being helped, and always being neglected.

And it resulted in me always being alone and me having to kill my boredom all by myself.

I know that if I had even 1 person in my childhood, who would always be there for me when I wanted them and when I needed them, then my life would have never turned out the way it unfortunately did.

And I also would have never been consumed by hatred either.

I didn't even need a helpful person in my life, I just needed a person in my life, to let me know that whenever I needed someone for anything, then there was always someone going to be there for me.

I never liked my family, and I knew that every challenge in life, I had to face all by myself.

My family was always a dysfunctional family which is why I knew that no matter what, at some point in my future, whether it is by choice or not, they would not be part of my adult life.

I used to think that there were hundreds of things, that could have saved my childhood, but I realized that there was only 1 thing that was necessary to do, which was for someone to always be there for me.

Not being a trash person and always being there should be the bare minimum of what a good parent does.

When I made that realization, my fear of becoming a bad parent finally went away completely.

Because if just always being there for my children is the bare minimum that I have to do, in order to not be a bad parent, then I have nothing to worry about because I was planning on doing far more than that anyway.

3) The internet does never forget

I am lucky that there was no Twitter, YouTube, or other similar platforms in my childhood, teenage years, and early adult life.

Because I might have been arrogant and impulsive enough that I would have shared my flawed and cringeworthy beliefs with this world.

Now of course, I am currently sharing my beliefs with this world in the form of a book, but if you change as a person then you usually prefer if people don't know your past self.

But many people have their past awful or cringe words and actions archived somewhere on the internet for everyone to see for eternity.

I don't mind talking about my past flaws, but I prefer to do so in person rather than someone seeing my past self that I am embarrassed about.

And I prefer to do it with who I want and when I want.

It is exactly like preferring to talk about your sexual experiences yourself rather than people randomly seeing a sex tape of yours.

Teenagers and young adults are so incredibly inexperienced and incredibly impulsive, that they will inevitably say and do stupid things.

And a lot of those stupid things will be archived on the internet forever.

If you cheat on a partner in your adult life, then you will hear about it until the day you die, even if just as a joke or as a last-resort insult.

It's the same thing with your bad words and actions that are archived on the internet.

Because some people will never let you forget about those things, especially because a lot of humans think that you can't change for the better in a matter of a few years.

It has to be so obnoxious and so discouraging to know that past mistakes that you wish would be forgotten, will still be referenced dozens of years later.

Especially if it was a one-time mistake, or especially if you have genuinely changed as a person.

To some degree, I can't even blame some people for not wanting to change as a person.

Because it must be so discouraging to know that some people will always use your past mistakes as a card, that they will use to get a laugh out of people at your expense.

Or as a card to make you feel like garbage.

Or as a card to "prove" that you are still the exact same person from your controversial past.

Or as a card to imply that "Once a bad person, always a bad person."

There is no superficial benefit to being honest, modest, kind, or compassionate.

This means that the will to change must come from within, while for the short term expecting nothing in return in the material world.

People already don't like to admit being wrong, especially to a person that they dislike.

And to additionally expect them to change as a person, while there is no superficial benefit in it, is unrealistic.

And to additionally expect them to just tolerate the people who will never let them move on from their controversial past, is even more unrealistic.

It just creates an environment, in which people will double, triple, quadruple, or quintuple down on their mistakes and never change for the better.

That is just the unfortunate fate of people who said and did some stupid stuff in their youth and who consider becoming a better person.

There are dozens of reasons why people don't feel like redeeming themselves, which is why it is admirable when people do it regardless.

4. SELF HATRED & HATRED FOR OTHERS

I was never taught, never raised, never helped, and always neglected.

My terrible childhood didn't give me any reason to like humans and only gave me reasons to despise them.

At 16 years old, I started to hate humanity and from 16-20 years old, I had nothing but hatred inside me.

I am not exaggerating when I say that I had the maximum amount of hatred, arrogance, and hopelessness inside me.

I hated the people of my past, all of humanity, myself, and my life.

And while I definitely hated humanity a lot, the thing that I hated by far the most was myself.

There are 3 reasons why you could hate yourself :

1. You could hate yourself because you dislike something about yourself, such as your looks, your personality traits, and/ or your skills.

2. You could hate yourself because you have done something very bad in the past and you have not been forgiven by yourself and/or the person that you have wronged.
3. You could hate yourself because you don't feel like you have been a net positive to this world and its humans.

I always exclusively hated myself for my negative personality traits.

And I was stuck in a cycle of hateful thoughts, because if you hate something about other people, then you will also hate it if you were to gain the exact same thing.

The more my hatred for other people grew, the more the hatred of myself would grow as well.

For you to stop hating other people for their personality traits, they would have to change as a person.

This in turn means, that if you want to get rid of your self-hatred, then you would have to get rid of your negative personality traits.

For you to forgive a person for their mistake, they would have to acknowledge their mistake, then take accountability for the mistake, then apologize for their mistake, and maybe even atone for their mistake.

And if you want to forgive yourself, then you would have to do the same.

The last option is to stop considering the personality traits and the actions that you hate yourself for as something negative.

As far as this world and its humans go, I was always aware that I was living in a severely flawed world.

I could never not think about how flawed this world was, which is why it took such a huge toll on my happiness.

I was essentially stuck in an almost never-ending cycle of hatred, which led to me having hateful thoughts most of the time despite living an objectively good life.

When I was my hateful and arrogant self, I had incredibly terrible views on politics and humans.

Every single belief of mine was rooted in hatred and empathy at the same time.

And because those terrible views were rooted in empathy, I was even more convinced that I had the "right" beliefs.

I eventually got completely over my hopelessness and hatred for myself, humanity, and this world.

However, it took a lot of self-education and a lot of life experience to get to that point.

I have avoided it up until now, but in order to have a positive perspective on this world and its humans, I have to talk a little bit about politics in this chapter.

I know a lot of people don't like it when things get political, but ultimately politics has a huge impact on your mental health and also the way you think about other people.

Ultimately, politics is what helped me finally get rid of my self-hatred and my pessimistic view of this world.

And for those reasons does politics perfectly fit into this book.

4a) Dr. Robin Lotus's persistent self-hatred and hopelessness

Everything that I have written so far could not fully erase the self-hatred and sadness that I still had inside of myself at 21 years old.

While I enjoyed my life very much, and while I didn't feel like an abomination of a human anymore, and while I had hope for my future, and while my hatred, cynicism, arrogance, and pride were completely erased from my brain, I was still suffering from semi-frequent negative thoughts.

My hateful and cynical thoughts turned into sad and pessimistic thoughts because I still had a pessimistic view of myself, humanity, and this world.

From 21,5-23 years old I made no progress on reducing the negativity inside of my brain.

This cruel, unfair, and never-changing world has always had a negative impact on my mental health, and I thought that I would always be a pessimistic human until my last day on earth because I thought that it wouldn't get any better within the next few decades.

I didn't have much hope in humans either.

And I never, not even once thought of myself as a good human, and people telling me how kind and caring I am didn't change that either because I knew myself better than anyone else in this world.

When people think about the most evil type of humans, then mass murderers will definitely be in the top 5, if not even at number 1, but when they think about the kindest type of humans, then people probably wouldn't know what to answer.

Because I grew up with a lot of very bad people, I decided at 18 years old, that I wanted to become the opposite of a mass murderer.

But the unfortunate truth was that while I tried to be the kindest human I could possibly be, I was also a control freak who was also the most self-centered, transactional, opportunistic, and exploitative human in my life.

To be fair, once I restarted my life at 18 years old, I have exclusively surrounded myself with good people, but the point that I had terrible personality traits still stands.

I haven't done anything bad to other people in my adult life, but I knew that I had those personality traits inside of me, because of my thoughts and impulses.

And unlike some other bad personality traits that I had in the past, these ones I couldn't blame on anyone else but myself.

I just didn't like the idea of thinking of myself as a good human, because I thought of myself as a transactional human, who only keeps people around me, because those people provided something to me, like happiness and fun.

Those are not evil reasons to keep a person around, but I didn't like the fact that I saw some innocent humans as valueless.

It's as if I had imposter syndrome, but instead of thinking that I am not as skilled as everyone makes me out to be, I was instead thinking that I was not as good of a person as everyone makes me out to be.

If you hate other people for certain personality traits, then it's only fair to hate yourself as well if you have 1 of those personality traits, as long as you have those personality traits or as long as you see those personality traits as bad.

I saw it as impossible to get rid of my self-hatred, as well as the hatred I had for humanity.

Which is why I only realized it was possible to get rid of these 2 forms of hatred when they were gone already.

4a) Opportunism & bragging rights

I was ultra insecure in my first 21 years of life and I would do a lot of stuff solely for bragging rights, and I would even plan on doing things in the future solely for bragging rights.

However, there were certain things that I wouldn't do when it comes to bragging.

I never liked it when humans talk or brag about their sexual experiences without the consent of their former or current partner, especially if they talk about their partner in a degrading way.

I also always found it super cringe when people bragged about having certain people as friends or acquaintances, instead of bragging about something regarding themselves.

When I was 23 years old, I said the last sentence to a friend of mine and she accused me of doing the exact same thing by virtue of saying "Everyone does it."

I denied that, and then I was accused of doing it for certain if I had a celebrity as a friend.

I denied that as well, and then she asked me whether I would brag about having sex with a celebrity.

I said "Yes" without seeing a problem with it.

You might think that I was a hypocrite in that situation, but if you read the last page again then you will notice that I didn't contradict myself.

However, there was a different issue.

Once I had time to think, I thought about whether I was hypocritical that day.

And I very quickly drew the conclusion that I was not.

I don't mind talking or bragging about sexual experiences as long as you get the consent of the people involved.

But then I asked myself if I would tell anyone about it if the celebrity asked me to not tell anyone, and it shamefully took me a few seconds to say "No."

I knew the kind thing to do would be to not tell anyone until the day I die, but for a few seconds, I thought to myself that I couldn't pass up on that opportunity.

If I had sex with a celebrity and I had proof of it, then I could potentially reveal it to the world until the very last day that I am alive.

And I would gain so many bragging rights from it, and people would think very highly of me as well.

If I tell the world without consent, then I shall never lecture people on privacy breaches regarding sex ever again, because I care more about bragging rights and myself, than I care about other people, privacy, and consideration.

And if I tell the world with consent, then everything is alright.

But I learned something far more valuable from that example.

I have the option of saying "No" to something that is exclusively a benefit to me.

If I live 50 more years after having sex with a celebrity, then I can tell the world anytime in the next 50 years.

But if I manage to not tell anyone in all of those 50 years, despite only getting benefits if I were to tell the world, then that would be a testament to my willpower.

And if I say "No" to those bragging rights of having sex with a celebrity, then that would be a testament to my confidence as well.

And if I say "No" to those bragging rights of having sex with a celebrity, then that would be a testament to my happiness in life as well.

While I wasn't insecure anymore, at 23 years old, I still felt like compensating for my looks and my personality.

And while I wasn't lacking any willpower or confidence in my 23rd year of life, I was definitely lacking happiness in my life, because I was still thinking about suicide for multiple hours every day.

And while I always understood what objectification meant, I finally understood what it meant to be treated like a trophy.

I was opportunistic to the point that for a few seconds, I couldn't say for certain whether or not I would brag about sexual experiences involving another person without their consent because I still had a little bit of an inferiority complex.

But because of it, I realized the real problem with my opportunism was my greed.

My greed always made me desire more of everything I desired in life until I felt like I had enough of it.

But since greed always demands more and more from you, you can never satisfy it completely.

When it comes to my opportunism, once I increased my discipline and restraint, I finally managed to get rid of my opportunism.

And I mean the type of opportunism that comes at the expense of innocent humans.

4a) "Good slave owners" & equivalent exchange

In hindsight, I am ashamed to admit that I never even once thought about freeing a slave if I were to be in the position to do so.

I used to think that in theory, if you were to give your slave 100% freedom and everything that the slave wants, then you would be a good slave owner, or at the very least not a bad slave owner.

Once I got rid of my opportunism, I finally understood what the right thing to do was in that circumstance.

By definition a slave has no freedom and a slave owner is an oppressor, because anything the slave does is ultimately up to the slave owner, even if the slave owner tells the slave to do whatever they want.

And a slave owner is by definition a transactional, opportunistic, and exploitative human, because the only reason why you would have a slave, is because you want something from the slave, because if you didn't, then you wouldn't have a slave in the first place.

I used to think that people who say that slavery is inherently bad, are just overemotional people, who are too emotional to say anything positive about slave owners.

But after years of thinking that you could be a good slave owner, I realized that I was the flawed human from the start instead.

When a child gets mistreated for no reason and/or sees other innocent humans get mistreated for no reason, they learn the concept of innocence and evilness.

And they understand that the innocent don't deserve to be mistreated for any reason and that evil-doers deserve to be punished to a certain degree for their evil actions.

Humans are also taught that if someone does a favor for you, you then have to return the favor in the future.

That is how humans like my past self fall in love with equivalency.

Equivalency at best is entitlement and asking or expecting a favor to be returned whenever you help people, while equivalency at worst is vindictiveness

I used to love equivalency for 23 years, but I realized that if I tried to be the kindest human I could possibly be, then I have to drop that mindset.

If someone does me a favor, then I will return it to them.

If someone insults me, then I will insult them back, and if someone attacks me, then I will defend myself against their attack.

But I realized that if you help another person, they are then going to think that they have to return the favor.

Some even go so far as to deliberately help you with something minor, for the sole purpose of asking for a favor to be returned in the future.

And most of the time, their request is far bigger than the favor they did for you and they will maybe even try to guilt trip you into helping them anyway.

Because of my principle of equivalent exchange, it never registered in my brain that you can do something nice for a person without expecting something in return.

I am specifically referring to helping a person and not getting the favor returned, when you did not request for the favor to be returned.

My past self would think that the person that I helped was the bad person in that scenario, but in reality, it would be me who is the flawed person in that scenario if I expect the favor to be returned.

If I have the expectation for the favor to be returned, then I would be an entitled person in that scenario because you are supposed to do kind things without expecting anything in return.

I don't mind doing something and expecting something in return, but you can't get irritated at another person for not returning a favor when you in the first place never asked for the favor to be returned.

I never thought about the possibility of freeing a slave, because you would get nothing out of it, or in other words, there would be no exchange of anything.

Or in other words, if I can get something good, then I have to get it no matter what or exchange it for something else that is beneficial to me.

My equivalency made me a greedy, entitled, transactional, and vindictive person, which in turn prevented me from doing the right thing dozens of times in my life.

The "celebrity sex example" increased my discipline and restraint, and the "good slave owner example" made me drop my mindset of equivalent exchange.

With my opportunism also gone as well, I was finally able to stop being a transactional and exploitative human.

But equivalency also gave me 2 of my most important principles, which are "Treat other people like you want to be treated" and "Don't judge other people for something that you would have done as well in the same circumstances."

It is because of these principles that I got the vast majority of my negativity outside me, as I will continue to display.

I will give you 1 more example with the following.

4a) Would you tell other people that they are being cheated on?

I think almost every human has asked themself the question, of whether or not they would divorce from their spouse while having children.

Same thing with the question, of whether or not to tell their friend that their romantic partner is cheating on them, especially if they happen to have children together.

Both scenarios are way too complex and you have to treat them individually and you will feel regret no matter what afterwards.

But it doesn't change the fact, that while all answers have pros and cons, there is still 1 answer that is better than all others.

I will not talk about the divorce example, because it is far too complex, but in the cheating scenario, there is a clear answer.

Two of my principles are "Treat other people like I want to be treated" and "Don't judge a person for something, that I would have done as well in the same circumstances."

I wouldn't want my friends and family members to keep a cheating partner a secret from me, and I also wouldn't want them to ever make a huge decision about my life, for my sake, without me having any say in the matter.

If I see a person cheating on a person that I care about, I will tell them no matter what.

4a) The desire to control other people

A middle-aged woman who was an acquaintance of mine asked me 1 time for advice on what to do about her teenage daughter who introduced her to her boyfriend, who gave her the impression of a douchbag.

I didn't have an answer right away but after a few months, I found my answer.

But by that point, that couple had already broken up.

I still shared my answer with that woman because a similar scenario could happen to her again.

And now I'm sharing it with you.

While I would try to help my children as much as possible, I would still let them live their own lives, in which they can make their own decisions, because I don't plan on interfering in anyone's life.

If I think that my teenage daughter is dating a douchebag, then I would at most warn her that she should be cautious around him and that I would always be there, if she needed help for anything.

I treat other people like I want to be treated, and if I had a partner that my parents don't approve of, then I would want them to not interfere in my life and trust my judgement.

And I don't make my assumptions out to be fact, and I couldn't say for certain if the boyfriend was a terrible person.

I am not a possessive person which is why I wouldn't feel like controlling the life of my daughter against her own will.

And if I can't trust the judgement of my own child, then I don't have any faith in my parenting skills.

Even if I don't like it, I would let my daughter date that alleged douchebag, because my daughter can't progress as a person, unless she is achieving successes or failures as her 100% true self, while living her 100% desired life.

While my children are the result of my parenting and while I have authority over them until they are adults, they have complete freedom on what they want to do in their life, because I ultimately trust them.

Whoever my children want to surround themselves with and whatever job they want to have, is ultimately up to them, because I don't claim ownership over their life, just because I'm their parent.

I also don't care about honor and disgrace in families, because the people who care more about their family's reputation, than their children's well-being and happiness, are the disgraceful ones.

Not to mention, children and teenagers are going to be entitled, greedy, rebellious, narcissistic, and impulsive to some degree, no matter what, and forbidding them something will make them want that something even more than they already did.

Whereas if the parents were to give their children more freedom, then the children wouldn't be so rebellious.

Even from a selfish point of view, it wouldn't be great to be too strict with your children, because most people don't have a positive opinion about the strict teachers of their past in comparison to the likeable teachers.

And even if you try to control the lives of other people, you will always fail at least to some degree, and as a result, you will give yourself massive self-inflicted headaches, because you tried the impossible.

Just think of all the times you tried to change someone's beliefs regarding politics and you not only failed to change anyone's beliefs, but you also just ended up getting very frustrated.

A lot of people in this world get very frustrated when they can't change the beliefs of certain people, especially when it comes to politics.

I don't waste my time on changing stubborn people's beliefs, because I grew up with incredibly arrogant and incredibly stubborn adults, who would never accept the truth.

I have had so much experience with having pointless discussions, even when I had the truth on my side.

Trying to change a person's beliefs on 1 political issue or 1 religious issue is already hard enough, but changing their entire

ideology on something, is almost impossible to achieve, in a short period of time.

Politics and religion are very complex subjects and you can't change a person's entire ideology in a short period of time.

That is like trying to teach 1 school subject from elementary school to high school in just 1 conversation, but with the difference that in a political discussion, people will disagree with you and argue back.

For those reasons, I don't talk about politics in my free time, because it's a waste of my time and political discussions always get people angry.

And it is impossible to talk about politics without bringing up sad stuff that reflects reality.

In the first place, I don't feel like "controlling" anyone's political beliefs, because what I care about the most is kindness.

And I can tell whether someone is kind or not, without having to hear their views on political or social issues.

Now with that said, all of the above my 23,3-year-old self would have told you, but my 23,2-year-old self felt completely different on most things.

I thought to myself that I would never allow my daughter to date a very obvious douchbag.

I would forbid it and I would probably even punish her if she were to still date that alleged douchebag.

But I realized how wrong I was because 1 of my principles says that you should treat people based on their words and actions exclusively, and not the words and actions of other people.

I hate it when other people project themselves or other people onto me because my true personality almost never matches with other people's assumptions of me.

Like when people say that everyone has a price.

4a) Stereotypes, prejudice, and projection

You wouldn't use the word "everyone" unless you meant yourself as well.

And "Everyone has a price" is a reference to people having a price tag, in regards to either breaking their principles and/or screwing over innocent people for their own benefit.

"Everyone has a price" can also mean that there is a price, to you humiliating yourself.

And the price doesn't have to be money either, but given the context of the conversation, you can easily tell in what way people mean it.

When I hear that every human has a price, then all I hear is a self-admission and simultaneously an accusation against me.

These people are admitting, that they themself would do something bad, given the right circumstances, and also, that they project themselves onto you and literally everyone else, which is why they think that literally everyone else would do it too.

I am also glad to know, that these people don't judge me based on my words and my actions, but based on themselves or based on other people.

I am glad that the "Everyone has a price" people expose themselves as prejudiced.
Unfortunately though, because of the "daughter dating douchbag" example, I realized that I still at 23 years old had some prejudice in me left.

It's so funny and sad how this world works because people will assume dozens or hundreds of bad things about you, but at the same time they will assume nothing positive about you and you have to provide evidence for every good trait that you have.
When I get accused of having a bad personality trait, it is not my obligation to prove that I do not have that bad personality trait, but your obligation to prove that I have that bad personality trait first.

I really hate stereotypes, because they lead to prejudice and prejudice leads to mistreatment.
And because a lot of humans always try to see the worst in people, you are a lot of times assumed to be something bad, until you prove to those people that you are the opposite.

1. If you are a man, then you are disgusting until proven hygienic, and you are emotionally unintelligent until proven emotionally intelligent.
2. If you are a muscular man, then you are stupid until proven smart.
3. If you are a woman, then you are weak until proven strong, and a coward until proven brave.
4. If you are a human, then you are a constant liar until proven honest, and you are selfish until proven kind.

There are so many more examples, but you get the point.

The vast majority of humans think that all humans lie or hide the truth, given the right circumstances.
It just sucks when you always say the truth, but people still doubt most things you say.
And they doubt you not because of your words and your actions, but because of stereotypes, and the words and the actions of others.

Since I grew up poor, the stereotypes about poor people really annoy me, especially because if a poor person becomes rich, then they are not poor anymore and people go back to shaming the poor.
And if an unsuccessful person becomes successful, then they are not unsuccessful anymore and people go back to shaming the unsuccessful.

People will like you and your success story and at the same time not change their minds about poor people at all no matter how many poor people have turned out successful.

Kinda like how most people only like the concept of rehabilitation and redemption when the rehabilitation and redemption of a formely bad person has already been completed.

I wish that humans would stop always trying to see the worst in other people, or at the very least I wish that humans would stop making their assumptions out to be a fact and instead, declare their assumptions their assumption.

4a) Putting yourself in the shoes of other people

I treat other people like I want to be treated, or in other words, I want other people to treat me like I treat them.

If I had a partner that my parents don't approve of, then I would want them to not interfere in my life and trust my judgement.

I want to be my own person, who is not controlled by other people in any way or to any degree, even if it means making mistakes that could have been prevented.

And that is because I want to be my 100% true self and live my 100% desired life, and I want my successes to be my successes and my failures to be my failures.

And I also don't mind having stupid principles and beliefs in the present, because in hindsight, I can regret having stupid principles and beliefs in the past, but I will never regret always sticking to my principles.

And there is no other way for me to progress as a person unless I succeed or fail as my true self.

I always treated other people like I wanted to be treated, but in my first 23 years of life I almost never tried to put myself in the shoes of other people.

And there are 2 reasons for that, with the first one being that I never said or did something really bad to other people in my adult life, which is why I never had to see things from the perspective of other people in my life.

The second reason was that my childhood was so awful that I wanted to kill myself, which is why I already had a gigantic amount of empathy as a teenager, which is why I never questioned the legitimacy of other people's suffering.

Or in other words, I never had to put myself in the shoes of a suffering person, because I immediately understood their pain, and I also was never the type of person to downplay or disregard other people's pain.

At 23 years old I never had to see the perspective of other people and I was also never told to do so, because I never screwed up big in my adult life.

But the few times that I did try to see the perspective of other people out of curiosity in the previous 2 years, it has helped me a lot in progressing as a person and in improving my life.

This is why I have decided at 23 years old to always try to see the perspective of other people, regardless of whether I feel like I am in the right or not.

With me treating other people like I want to be treated, and with me now trying to always see the perspective of other people, I was finally able to stop being a control freak and I was also able to erase the little bit of prejudice I had inside me.

And instead of interfering in other people's life, I have decided to just give other people advice or warnings 1 time only, because that is how I would want people to approach me if they have a problem with me or my life.

At best, the advice or warning accomplishes what I want, and at worst, it serves as a reference to remember.

4a) Dr. Robin Lotus's self-hatred has finally gone

I have always had a huge sense of righteousness and I always tried to treat people like I wanted to be treated.

And at 21 years old I started to pay attention to the thoughts and feelings of other people.

And at 23 years old I started to always put myself in the shoes of other people in order to see their perspective and understand what the right thing to do is.

1. Treating other people like I wanted to be treated led to me putting my principles above my selfish desires which ended up in me finding the right path to becoming the kindest person I could possibly be.
2. It also led to me seeing the perspectives of other people which led to me understanding people better
3. And it ultimately led to me becoming a significantly kinder and more compassionate human in a variety of ways.
4. And it also helped me get rid of the final bit of self-hatred I had inside of myself.

I was 23,3 years old and I erased all bad personality traits out of my brain, except envy, greed, and pessimism.

But those 3 traits would never get in the way of the people around me.

And all the kind things that I have done in my adult life far outweigh the few small and not life-ruining mistakes I made in my first 15 years of life, that negatively affected other people.

I drew the conclusion, that based on the 23 years of life that I have lived, I was 100% neither an evil person nor a person who gets any amount of enjoyment in life at the expense of other

people, which in turn could only mean that I was a good human and a net positive to the world.

And after I made this conclusion, I finally got rid of my self-hatred and it never came back ever again.

But just to be sure that I never revert back to my self-hating self ever again, I donated my kidney to another human and saved their life with it.

Because that way neither I nor everyone else could ever say, that I did more damage to this world and its humans, than good to this world and its humans.

I have a clear conscious about my past and I was 100% sure that I was not going to do something so terrible in the future, that would nullify saving a human's life voluntarily without gaining anything superficial in return for it.

4b) Living in a hopeless world

While my self-hatred was completely gone, I still had frequent negative thoughts in general, because I didn't like this cruel, unfair, and never-changing world that I was living in and I thought that it wouldn't get any better within the next few decades.

1. I always said to myself that this world and its humans are hopeless and that it's survival of the fittest and everyone for themselves.

2. I thought that the world is a lost cause and that it will always be unfair and that because of those reasons, you shouldn't bother trying to change the world and just focus on your own life.

3. I also thought that you should be vigilant all the time because there is a huge amount of people in the world, who try to mess with you or take advantage of your naivety or kindness.

4. I thought that you should become smart, in order to get a good life and that you should just focus on being kind to the people close to you.

5. Because if everyone took care of their friends, family members, and acquaintances, then this world would be a much better place.

Up until I was 23 years old I loved the mindset of "Survival of the fittest," but after 2 certain revelations, I changed my mind about it.

4b) "Retard" and "Retarded" and "F-slur"

I think almost every human has an opinion on whether it is problematic or not if you use the words "retard" and "retarded."

The word "retarded" has many non-ableist alternatives like stupid, dumb, idiotic, moronic, etc.

Yet, R-word users insist on using the word "retard", even though they know that disabled people don't like that particular word.

They will either say that they use the R-word, because they use it as an alternative to stupid, or they will say that words like moron have been used in the past to describe disabled people until they changed moron to retard, and moron became a non-ableist word.

They will then say that the R-word will one day be replaced as well and become a non-ableist word afterwards and that the cycle will always repeat itself, and that we shouldn't cater to sensitive people, because they could just stop being sensitive instead.

And when asked why they don't just stop using the R-word, they say that it's hard to unlearn it.

Those are all the arguments that R-word users make, regarding the R-word.

Their arguments are that the intention matters more than the action, that unlearning a commonly used word is hard, and that you can't stop an ableist from being an ableist.

If the R-word were to be replaced with a new word, then everything would be reset and the first people to use the new word to mock disabled people would be actual ableists.

Those ableists would also use it on non-disabled people, to not only use it as an alternative to stupid but also to spread an ableist term around in order to make it a popular word to use.

In that hypothetical, if the R-word users decide to use the new word as well, then the cycle will successfully repeat itself.

But if the R-word users decide to not use the new word, then the only people to use the new word on non-disabled people would be the actual ableists.

If on 1 side, you have disabled people asking ableist people on the other side, to stop using the R-word, then you can join the disabled people or the ableist people, or you can sit on a fence and call both sides a bunch of retards.

If you use the R-word on your fence, then you are siding with the ableists, by virtue of not joining the disabled people in calling out bigotry.

You are also siding with the bigots, if you choose to do nothing, by virtue of not joining the side of the oppressed.

And if you think that ableist people are bad, but also that disabled people should get over their feelings, then you are just sitting on your fence and throwing tomatoes at both sides.

I don't see a problem with replacing the R-word, because I don't plan on using the new word and I also don't plan on staying silent, because then I would be siding with the ableists, by virtue of not speaking out against them.

And this is the reality of the situation with the R-word.

You have plenty of disabled and non-disabled people advocating for people to stop using the words "retard" and "retarded" because by using them, you are siding with the bigots and not the disabled people.

By having the belief that it is a never-ending cycle, you not only make sure that the R-word never dies out, but you will also at the same time guarantee that there will be a new replacement for an ableist term.

Retard replaced moron and retarded got replaced with disabled, but I don't see anyone using the word disabled the same way people use the word retarded.

Every disabled person would tell you that they get called 1 word far more than any other insult by ableist people and it is the word "retard".

And the only thing disabled people ask of R-word users is that they stop using 1 word, but they refuse because it is hard to unlearn.

Any person who says that they find it hard to unlearn a word is either lying or living a lonely life.

These people must have at least 1 time in their lifetime, getting used to calling a person by their first name or nickname, after calling them by their last name for a long time.

Any person who has experienced that knows that you get quickly used to not using a commonly used word.

That is why I don't believe their excuse.

I think they don't want to stop using the R-word because they don't want certain types of people to control their speech to any degree.

I don't think R-word users are ableists, but I do think that they are siding with the ableists over the disabled people, even if that is not their intention.

This brings me to the third argument, which is intent matters more than the action.

When people use the F-slur on a straight person, they use it as an alternative to pussy, weakling, coward, etc.

These F-slur users then say that they are not homophobic, because they used the F-slur on a straight person and because they used it as an alternative to pussy.

Wouldn't that be great if the justice system worked like that?

A drunk driver kills 2 people while drunk driving and he doesn't go to prison, because it wasn't his intention to kill people.

Even if not intended, the drunk driver becomes a killer and F-slur users contribute to homophobia.

The justice system doesn't care about your intentions, they care about the damage you have caused with your actions.

You can have the purest intentions possible with your words and actions, but you ultimately have to take accountability inside and outside of the courtroom for the aftermath your words and actions cause to this world and its people.

Now with that said, I say all of this in hindsight because what I originally believed up until I was 23 years old was that the intention of an action matters more than the action itself.

I stopped using the R-word and the F-slur both when I was 15 years old because I didn't feel like using them anymore.

Up until I was 23 years old, I literally never once thought about the aftermath of a non-violent action and solely focused on the intentions only, because words are just words and they won't have an impact on you if you ignore them.

I also believed that if you have the option to not say the R-word, especially when there are plenty of alternative words you could use, then you can't blame disabled people in your private life for thinking that you don't care that much about them or disabled people in general.

But I changed my mind in a discussion about the "R-word" once I thought about a future in which the R-word is replaced.

And I finally understood what "Inaction in the face of oppression is siding with the oppressors." meant.

Because I learned the meaning of that phrase, I realized that I always have to call out a bad person and that I always must focus more on the culprit than the victim.

And if I have to pick between 2 sides that are bad, then I will always be harder on the worse side, especially if the worse side has power and control over the other side.

As a result, at 23 years I stopped being a social centrist after I learned the differences between fence sitters and activists.

4b) Learning everything by yourself

I always heard the phrases "Inaction in the face of oppression is siding with the oppressors" and "Silence is violence," but I never understood what they meant.

It is probably because I didn't know what "oppression" meant, and because I thought that there was only 1 type of violence which was physical.

Maybe I expose myself as stupid here, but I never understood the literal or metaphorical meaning of "fence sitter" either.

I probably didn't understand most things because I was never taught, never raised, never helped, and always neglected, which led to me wanting to kill myself at 15 years old and me dropping out of high school at 15 years old.

And because I had a strict, boring, and old-fashioned teacher in history, she could never get me interested in history or politics, which led to me never learning anything in history class.

And in my first 23 years of life I never even once read a book about politics or history, because all I was interested in was psychology, biology, sociology, and philosophy.

2 years later I realized that if you were to not go to school ever and if you also couldn't read and write, then you would still at some point in your life have an opinion or belief about poor people, homeless people, drug addicts, criminals, immigrants, foreigners, foreign countries, other races, other ethnicities, men, women, gay people, trans people, religion, abortion, guns, sex workers, political correctness, representation, and a bunch of other stuff.

I just perfectly described my past self who had beliefs about a lot of political stuff, even though I never read a book about politics and history.

If you had asked my 23-year-old self about anything related to foreign policy or historic events, then I would have been dead silent.

But even if I listened to more people, I doubt that I would have learned much, because I never understand what other people are trying to explain, because most people don't have a black belt in describing things and I have a white belt in understanding those people.

Another phrase that I never understood was "Perfection is the enemy of progression."

4b) "Perfection is the enemy of progression."

Up until I was 23 years old, I used to think that the world was a lost cause and that it would always be unfair, and that because of those reasons, you shouldn't bother trying to change the world and just focus on your own life.

My pessimism about this hopeless world made me a pessimistic person in general, even though I was happy with myself and my life.

But then I learned something important about perfection and progress.

Everything that I do and everything that I own is thanks to hopeful people.

This world is unfair in many ways, but it was so much more unfair in the past.

We don't have to work for 16 hours for 6 days a week, and we don't have to do child labour, and we get a livable wage, and we have access to education and healthcare, and we have equal rights for women and minorities, and we get paid vacation, paid maternity and paid paternity leave, etc.

We don't live in a perfect world, but we have it significantly better than the people from decades and centuries ago.

And all the privileges that we have enjoyed in our lives, we have gotten because the people of the past sacrificed themselves and fought for the people of their present and their future.

They sacrificed their own money, and they risked going to prison, and they risked being tortured or killed.

They did all of that, full well knowing that the world would still remain super unfair because they knew that you have to make compromises in order to progress because perfection is the enemy of progression.

Think of all the great leaders of the past, that humans still talk about to this day and about how much freedom, rights, and privileges they have brought to the people.

After all of those great leader's accomplishments, we still live in a super unfair world.

They knew from the start, that their battles and sacrifices wouldn't lead to perfection, but they fought anyway because they knew that if you ask for perfection and demand it as well, then you will get nothing in return.

We get to live the lives that we live because the people of the past have made compromises after compromises, and all they ask for in return is that the people of the future never lose hope.

In a severely unfair and imperfect world, the most important thing that you need in order to achieve progress is hope.

Because if the people are hopeless, then the corrupt and evil will win with certainty.

In politics, you can never get everything you want
If you want to make progress, then you have to make compromises.

Politics is like a relay race, in which you make progress step by step and the question is whether or not you will pick up the baton from the people of the past and continue fighting for progress.

At 23 years old, I also had a very pessimistic view of the state of the world at the time, but things changed when I realized how everything in this world came to be, and as a result, my pessimism about this world was finally gone and I became a 100% enthusiastic and optimistic human.

I had no justification to be pessimistic about this world.
Compared to the people of the past, I had it good.
They risked their life for progress and all they ask for is for me to not lose hope.
Everything good in my life, I ultimately have because of my predecessors, and how could I possibly accept everything I have, without returning the favor somehow?

I don't think every human is obligated to become an activist for a righteous cause.
But I do think that spreading pessimism and nihilism around the world is doing a disservice to the people of the past, who fought for the people of their present and the people of their future.

While my pessimism was finally gone, I still couldn't accept myself as I was, and as a result, I started to do kind things for strangers on a regular basis.

1. I was already doing community service, but now I was even more motivated to do it.
2. I was already signed as an organ donor, but I decided to donate my kidney to a stranger, while I was alive.
3. I also started to donate blood every 2 months, because a blood donation can save up to 3 lives, and while an individual blood donation may or may not save a life, blood donation as a whole saves billions of lives, because if there were no blood donations at all in this world, then all of us would die, the moment we have a serious medical emergency.
4. I started to vote in primary and final elections on a national, regional, and local level because if you don't vote, you will then let corrupt politicians win and let them screw you over on a local, regional, and national level.
5. I don't donate to charity, but if my time and my energy are the only things I have to sacrifice in order to help other people, then I will always pay the price.

I don't care about leaving the biggest positive impact possible on the world, but I at the very least wanted to be a net positive to the world, while simultaneously trying to live the best life I can possibly live.

And as far as other humans go, everyone has their frustrations with this world and its humans, but there are 3 undeniable truths.

1. Humans have become more tolerant of people who are different than them.
2. And humans have become more understanding of people that are different than them.
3. And humans have become more intolerant of intolerance.

I. It wasn't that long ago that it was frowned upon to be left-handed to the point that left-handed people were forced to become right-handed.
II. Or just think about how accepting people are of tattoos now compared to a few decades ago.
III. Or just think about how nowadays only very few people mock other people for going to a therapist or a psychiatrist compared to a few decades ago.

And there are of course way more examples than these.
And it will only get better from here, even if probably only in baby steps.

4b) Daily duplication

If I were to convince 1 person on the first day to vote for me as the president of the world in the election in 2 months, and then

the next day the 2 of us convince 1 new person each to vote for me in the election, and then on the third day the 4 of us convince 4 new people to vote for me, and all of us keep convincing 1 new person each to vote for me in the election for 30 more days, then I would have 8 billion votes on day 33.

Day		People
Day 1	:	2 People
Day 2	:	4 People
Day 3	:	8 People
Day 4	:	16 People
Day 5	:	32 People
Day 6	:	64 People
Day 7	:	128 People
Day 8	:	256 People
Day 9	:	512 People
Day 10	:	1 024 People
Day 11	:	2 048 People
Day 12	:	4 096 People
Day 13	:	8 192 People
Day 14	:	16 000 People
Day 15	:	32 000 People
Day 16	:	64 000 People
Day 17	:	128 000 People
Day 18	:	256 000 People
Day 19	:	512 000 People
Day 20	:	1 000 000 People

Day 21   :   2 000 000 People

Day 22   :   4 000 000 People

Day 23   :   8 000 000 People

Day 24   :   16 000 000 People

Day 25   :   32 000 000 People

Day 26   :   64 000 000 People

Day 27   :   128 000 000 People

Day 28   :   256 000 000 People

Day 29   :   512 000 000 People

Day 30   :   1 000 000 000 People

Day 31   :   2 000 000 000 People

Day 32   :   4 000 000 000 People

Day 33   :   8 000 000 000 People

Now of course, you not only have way more than 33 days available before an election, but you also can get more than 1 new vote a day, and you don't need even close to 8 billion people to vote for you.

And I also understand that it's not that easy to get a vote as a politician and I understand even more how hard it can be to convince someone of something that they don't want to hear, but the point of the daily duplication still stands, especially because you can apply it to everything and not just politics.

Whenever I have to do something that involves convincing a bunch of people, then I always give it a try for at least 33 days to see how well I do in comparison to the perfect daily duplication.

And I also always think to myself that I am only 33 days away from getting all the people that I need on my side.

I always say to myself that in 33 days I will get the whole world on my side.

The purpose of a corrupt government deliberately being incompetent and neglectful is for people to lose hope that anything significant ever gets done and that it would take years or decades for things to change.

1. They want people to have no expectations of their government.
2. They want to discourage people from ever demanding anything from their government.
3. They want people to have no strong reactions when their government messes up.
4. They want people to accept whatever is thrown at them.
5. And they want to see how low they can go before too many people retaliate.

Oppressors absolutely hate hopeful, determined, and united people, because they tend to never give up no matter how discouraging things may seem.

It is easy to make people lose hope when they are all by themselves, but it becomes significantly harder to discourage and

disorganize people who are already determined, organized, united, and ready to fight for what is right.

I know that it's hard to find victories in politics but just think about every worker union that striked and in the end, got almost everything that they asked for.

All of those worker unions started with 1 person asking "Do you want to do something about our unfair mistreatment?" and 1 other person joining the first person.

It all starts with 1 person, and maybe one day you will be the first person to start a movement.

4b) "Survival of the fittest"

A lot of people like my past self love to say "Survival of the fittest."
And I agree to some degree about "Survival of the fittest."

If a tourist goes to a foreign country for vacation and gets scammed by a tourist scammer, then I think that they are at fault too, because on the internet you can look up all the popular tourist scams that are happening in every country of the world.

If the tourist didn't even bother informing themself about something so obvious, then I think that there should be some self-reflection.

And if you got guilt-tripped into getting scammed, then I think you should do something about your inability to say "No".

And if you are too afraid to confront people, who are messing with you, then I think you should do something about that too.

Now with that said, even though I believe to some degree in the concept of "Survival of the fittest," I still blame the culprit more than the victim, whereas a lot of people blame the victim more than the culprit.
The tourist getting scammed should have known and done better, but the tourist scammer is still the worse person in the situation.

The ultimate meaning of "Survival of the fittest" is that a human is responsible for their intelligence, knowledge, wisdom, skills, strength, courage, happiness, success in romance, success in social life, success in academics, etc.
It ultimately means that a human is responsible themself for almost everything good and bad happening in their life.

Cynical people get an orgasm, whenever people they perceive as stupid, screw up by themselves, or if they get taken advantage of.
They always get so excited when that happens, because they think that those victims deserve to be punished for their stupidity because they are responsible for their own stupidity.
And they think that those same life experiences would never happen to someone like them, because they are so super smart, or because they are not super stupid.

For example, every time huge amounts of people lose money in crypto scams or NFT scams, these cynical people won't talk about the culprits ever, and instead laugh at the victims and say that they deserved to be scammed for being so stupid.

It is so incredibly funny when people lose 4-6 figures worth of money, especially if they have children or other people they have to financially take care of.
Those little children deserve to be punished for being born to a stupid parent.

Equivalency at best is entitlement and asking or expecting a favor to be returned, whenever you help people.
Equivalency at worst is vindictiveness, revenge, and punishment and you wish for the people you perceive as evil or stupid to be punished.

People who mock innocent victims are awful and just being stupid doesn't make you guilty of anything evil.
A lot of people think that society always goes too easy on victims, which is why stupid people never learn from their mistakes and have unfortunate things keep happening to them.
And a lot of people think that if there were no stupid people in this world, then not only would we have good politicians in government, but we wouldn't have any scammers in the world either.

1. If you have no stupid people in this world then you wouldn't have any scammers.
2. And if you had no people in this world, who try to get their happiness at the expense of innocent and peaceful people, then we wouldn't have any scammers either.
3. But stupid people and evil people will always exist, and if that is the case, then I would rather blame the problem creators more than the victims who have to deal with the problem because at least the victims don't try to get their happiness at the expense of others.

I. If there weren't any scammers in the world, then there wouldn't be any people scammed.
II. And if there weren't any stupid people in the world, then there wouldn't be any scammers.
III. And if there were only fence-sitting people in the world, then corrupt and evil politicians and bosses would have their way to 100%.
IV. And if there were no fence-sitting people in the world, then we would have far fewer corrupt and evil politicians in government, and as a result, we would live in a better world and fewer people would commit crimes because of financial reasons.

Not to mention, you can never speak out enough about evil people.

And if you say and do nothing about bad people, then they are just going to continue to be bad people and many people will follow in their footsteps.

And if we live in a society, in which a huge portion of people blame the victim more than the culprit, then evil people will feel justified and emboldened in taking advantage of "naive" and "stupid" people in this unfair world.

And then you have non-criminal people contemplating about taking advantage of other people too, for their own benefit, because they think that it is ultimately the stupid people's fault, for getting scammed, because if stupid people were smart instead of stupid, they then could have protected themselves from getting taken advantage of.

I would rather be part of the solution, or at the very least not be part of the problem than contribute to the problem.

Or in other words, fence-sitting in the face of evil deeds is siding with the culprits.

And while bad people will always exist, that is not an excuse to not speak out against evil and nitpick on the victims instead, because perfection is the enemy of progression, and progress a lot of times comes in baby steps.

4b) Dr. Robin Lotus's brain reset completed

After an awful childhood, I finally got all the hatred, cynicism, pessimism, and hopelessness out of my brain.

Besides my righteousness, I can ultimately thank 3 certain mentalities for my negativity finally being gone.

1. I always treat other people like I want to be treated, because if I don't do that, then I can't call out people who get their happiness at the expense of innocent people unless I don't mind being a hypocrite.
2. The number one priority in my life is my happiness.
3. I always value other people's lives over mine, which isn't always a good thing.

From 15 to 24,5 years old I was suicidal and I didn't just think about suicide, but I already at 15 years old made the decision to die.

But unfortunately, my righteousness and my empathy always prevented me from actually trying to kill myself and I had to endure a gigantic amount of pain for 8,5 years straight.

When at 15 years old I decided to kill myself, for weeks I then thought about how to kill myself

But in the end, I decided not to do it, because I couldn't risk the possibility of an innocent person finding my dead body and potentially getting traumatized for life.

I was completely neglected by everyone in my childhood and I was hurt by so many people as well, but I couldn't bring myself to

hurt an innocent person, because I didn't want to be like the people that I despised.

For many years I had wished that I had a gun in the first few weeks of my suicidality because then I would have impulsively shot myself with a 100% guarantee.

In the end, I didn't kill myself, because I have always valued other people's lives above mine.

If I could save 2 people's lives by sacrificing myself, then I would do it.

If my past self could save 1 person's life by sacrificing myself, then my past self would have also done it, because the other person has the will to live, unlike my past self.

Past my 23rd year of life, I never had a self-hating or hopeless thought ever again.

And while my envy and my greed were still with me when I got rid of all my pessimism, I only needed 6 more months to get rid of them too.

And in my 24th year of life, I have finally beaten my suicidality and I haven't considered suicide since.

After 24 years of life, I finally had complete peace of mind.

5. THE PAST, THE PRESENT & THE FUTURE

Everyone lives in the present, but from time to time our thoughts are stuck in the past or in a hypothetical future.

And while we are all living in the present, our past and our hypothetical futures can affect our happiness in the present.

And you can feel regret or guilt in the present for either what has happened in the past, or for what you think is going to happen in the future.

Regret and guilt are undeniably 2 of the most painful and long-lasting emotions there are.

It is so undeniable that I don't even have to explain why they are 2 of the most painful and long-lasting emotions there are because almost everyone has experienced it themself.

Admitting that you don't have everything in life that you want does not equal a presence of regrets.

Of course, my life could be better in some ways, but I have no regrets when it comes to my past and my future.

And I am pretty certain that that will never change.

In this chapter of the book, I will talk about how I approach life to avoid saying or doing anything in the present that would cause me to feel regret or guilt in the future.

5a) A disproportionate amount of famous people dying by suicide

If you look at suicide rates in Western countries in this world, you see about 1 in 10000 people killing themselves.

Every one of us could name a handful or a few dozen famous people who died by suicide.

For things to even out, you would have to name like 10000 famous people for every famous person who died by suicide.

If you were to do that, then wouldn't you run out of famous people to name, because there aren't that many "famous" people in your country?

Even if you were to factor in that some people hide their suicide with a drug overdose, and some suicidal people die before they can kill themselves, and some suicidal criminals get killed by police officers, and some people kill themself with their bodies missing, etc., then I think there would still be a disproportionate amount of famous people who died by suicide.

1. What does that say about money, fame, or prestige?
2. Or what does it say about people who can achieve fame?
3. Or what does it say about people who desire fame?

I. Is it a problem of some famous people having a never-ending desire for attention, which will inevitably not be satisfied, which in turn creates a never-ending and painful emotional cycle of envy, sadness, greed, and frustration?

II. Is it a problem of some famous people not being able to handle being criticized or being disliked by some people?

III. Is it a problem of haters being too cruel?

IV. Is it a problem of some famous people getting bored of life after gaining lots of money, fame, and prestige, because they realized that from a superficial point of view, there is nothing more valuable left to gain anymore?

V. Is it a problem of some famous people losing hope for their future, after realizing that money, fame, and prestige didn't solve their mental health problems?

VI. And do neurological mental disorders have something to do with disproportionately more famous people killing themselves?

I legitimately don't know the answers to those questions, because I can't immerse myself into famous people who attempt suicide.

But I know 1 thing for certain.

If you were to give all 8 billion humans their own parallel universe, in which they have a lot of money, fame, and prestige, then the suicide rate amongst those 8 billion humans in their own parallel universe would be far higher than 1 in 10000.

I think fame amplifies all of your thoughts and emotions, especially the negative ones, which can be an absolute horror situation for vulnerable people.

If you are to any degree an insecure person, then being famous is like having stage fright 24/7 and it's also like having a tomato-holding audience 24/7 in your life.

Tracking suicide numbers is odd in the first place because for most suicide attempts the only difference between a suicide and an unsuccessful suicide attempt is that the suicides were successful suicide attempts.

And the vast majority of people who survived their suicide attempt regretted it immediately after, while the people who successfully killed themselves do not have the chance anymore, to officially regret their suicide attempt.

I always admired humans for being incredibly resilient, because I was always in shock that "only" 1 in 10000 people kill themselves.

Because my childhood was so awful, I had so many negative thoughts in my brain starting at 15 years old, that I sometimes had a magnitude level 10 earthquake in my head.

After a long and agonizing 8,5 years of suicidality, I got all the earthquakes out of my brain and the inside of my head finally matched the material world that I was living in, where there were no earthquakes.

5a) Is there a price for fun and happiness?

I was suicidal from 15 to 24.5 years old and I wanted to kill myself 7 times in that time span.

I thought about suicide for multiple hours every day.

I was ready to kill myself for the 4th time at 21 years old, but then after 6 years of things not going my way, I had a thought that I never had before.

I thought to myself that if I am about to kill myself, I might as well give life 1 last chance, in which I will always be my true self, drop all of my expectations and principles, never give in to fear, try to get everything I want, and not care one bit what anyone else has to say about me.

I was so sick and tired of the mental agony that my negative personality traits, my perfectionism, and my principles have given me, that I have decided to make my happiness my number one priority and to just enjoy life without nitpicking anything.

When I dropped all of my fears, expectations, and principles, I felt the biggest sense of relief, that I have ever felt in my entire life.

People always say that a weight has been lifted off their shoulders, but I felt like a gigantic weight was lifted off my brain.

I was the happiest I had ever been in my 21 years of life.

But unfortunately, my newfound happiness was short-lived because I only got rid of problems I was aware of and new problems started to arise in my brain.

Even so, I still learned a very valuable lesson from that experience, which has helped me a gigantic amount in the future.

At 21 years old, I have decided for myself that fun and happiness in life are priceless, if suicide is the alternative.

Whether the price was money, time, pain, and/or risking getting my feelings hurt, I was willing to pay the price.

The only thing I was not willing to do for my happiness, was to get my happiness at the expense of innocent humans.

After I made my happiness my number one priority, my life and my mental health started to significantly improve after 6 years of mental agony.

How can you possibly know if something is for certain if you never tried your literal hardest to find out if it is the objective truth?

From 15 to 21 years old, I thought that I was destined to live a miserable life until my inevitable suicide.

And after I finally lost my fear, I was excited to find out if that was the actual truth

5a) What is a good life in the present and also in hindsight?

Focusing on adults only, there are people in this world, who die in their 20's, 30's, and 40's, and that is just very unfortunate.

No matter what, if that happened to you or if that happened to someone that you like, you would feel very sad about that.

And then you have people in this world, who for example, enjoy their 20's, 30's, and 40's, but starting in their 50's, they become incredibly bored of life.

These people then wonder, because of that, if they made the right choices in life, because there are plenty of elderly people, who are happy, despite being super old.

I think those super old people have lived a successful life and I think that a lot of adults, who have died young, have lived a successful life, because my definition of a successful life, is to enjoy life, until the very last day in this world and either to not have any regrets, or to have regrets, but be content with them.

You can be sad that someone died young and still think that they have lived a good life up until their death.

And you can be sad that someone died with a lot of regrets and still think that they have lived a life that was worth living for and that people were fortunate to have that someone in their life.

When it comes to my own life or the lives of other people, I would rather have a positive view overall in hindsight than an overall negative one.

For 25 years, I always thought that for a variety of reasons, I could never enjoy life, past my 30's and I always envied people who could enjoy their life in their elderly years.

I thought that if you enjoyed the first half of your life, but not your second, then that would mean that your first half of life couldn't have been that great, because it didn't lead to happiness in your second half of life.

Which is why if you can enjoy life, until the very last day of your life, whenever that may be, and be satisfied with the life that you have lived, then I think that is very impressive.

Especially because I think the majority of humans die, while not being fully satisfied with the life, that they have lived.

I struggled for 25 years, to find a plan to be consistently happy in my middle age and elderly years, but I found the answers to my problems in the first half of my 20's.

I planned out my entire future, in that time period, because I didn't want to make any mistake in the future, that I would regret for the rest of my life, because I knew from past experience, that regret is 1 of the most painful and long-lasting emotions there is.

If I got 1 million dollars as a young adult, then I would have built an apartment complex, so that I could live off the passive income and never have to work ever again, for the rest of my life.

I knew that I could never be fully happy in the present unless I had a good life in the past.

My plan was to have good memories of the past, and also have a job that I love, and also have friends and family members, who unconditionally love me, be the apartment complex in that analogy, and the happiness they bring me be the passive income in the analogy.

I also planned on doing everything on my to-do-list, before I become a parent in my 30's or 40's.

And if I have all of these things, as the foundation of my life, then how could I possibly be unhappy for long periods of time in my life?

5a) Thinking about how your death would affect other people

At 20 and 21 years old, I always wondered what I was to my friends and if my death would make a difference in their lives.

I always wondered, if my death would make a difference in people's life because I was insecure about my value as a human.

I thought that if people didn't miss me, then that would mean that my life was worthless.

I was super obsessed about leaving a positive impact in this world, to the point where I would never be satisfied with what I have already accomplished in my life.

In hindsight, I feel stupid for wanting my friends to be incredibly sad when I am dead.

If I were to die, then I would want people to not be sad and just move on from me, without any guilt.

I wouldn't want to be the cause of other people's misery and I wouldn't want the people that I care about to be sad, for any reason ever.

And I think that any kind person would feel the same way.

What kind of person hopes that their death will cause their loved ones to be very sad for a very long time, to the point where people might not be able to move on ever?

That sounds like an insecure person at best and a narcissistic person at worst and I am neither of those things anymore.

At 21 years old, I realized that the only reason why I always thought about how people would deal with my death in the future, was because I felt like I wasn't loved in the present.

If my past self had felt loved in the present, then I would have never contemplated about whether people would think about me long after I was dead.

But the truth was that I didn't feel loved in the present.

Not only that but from the point of view of other people that I care about, they were maybe concerned about how I felt about them as well.

Once I stopped thinking about a future in which I was dead, I started to reevaluate the way I show affection to people.

5a) Compliments

Some people in this world will deliberately say negative stuff about themselves, in order to fish some compliments from other people and for other people to have an excuse to compliment them.

I was never afraid to tell people how I felt about them when they asked me how I felt about them because I would never feel regret, guilt, or embarrassment for telling people the truth about how I felt about them.

But at 21 years old, I started to compliment people at all times and not just when I get complimented first.

And I also started to tell people exactly how I felt about them whenever I felt like it, just to let them know how much I like and appreciate them.

When my insecurity deluded me into thinking that I was ugly, I didn't think of any human calling me good-looking, because it never happened in my life.

And I would have never questioned, what difference my death would have made in people's lives, if even 1 person in my 21 years of life, told me that they loved and appreciated me.

Ever since this realization, I started to initiate compliments.

I knock arrogant people down to my level and I also raise insecure people to my level, because insecure people usually don't raise themselves up by themselves and humans usually don't

tell another person how much they love and appreciate them without a filter until that person dies.

Besides, you should treat other people like you want to be treated and if you want to be the recipient of compliments, then you should lead by example and compliment other people first too.

Not to mention, if there were no people in this world who initiate compliments, then no one in this world would ever receive compliments.

And if you want gratitude from other people, then you better be a kind human to other people and you better show gratitude to other people first as well.

And if you want people to not give you any fake compliments and fake words of appreciation, then you should also always be honest.

5a) Honesty & transparency

Lies are 1 of the biggest contributors to regret and guilt.

Lying gives you many benefits in life, but it also has many downsides.

As a child, I used to lie to get out of consequences, which always worked, but many times I would become hyper scared and hyper paranoid if there was a possibility of my lies being exposed.

Lies that I told in the past, were still haunting me years later, which
I could have prevented if I just told the truth from the start.

I also impulsively lied to get attention, whenever I didn't get any
attention from my friends and family members.

I would always instantly make up stories or exaggerate things in
order to get people to pay attention to me, or especially to
make people laugh.

However, I never fake smiled at people, or fake laughed at other
people's jokes, because if I did that, then I would feel like I
always have to fake myself in front of other people, which
would be very exhausting and very annoying.

And when I don't fake smile or fake laugh for literally everyone,
then the people I left out, will feel like I hate them.

At 18 years old, I didn't have problems anymore with getting the
attention of other people.

And from my childhood, I have learned that it's just better to be
honest from the start when you make a mistake.

Besides, if you are known as a frequent liar, then you lose credibility
with everyone.

Life sucks when your friends, family members, and partners don't
believe your truthful words on a frequent basis.

In the end, I started to treat other people like I wanted to be treated
because the adults in my childhood sure as hell didn't do that
to me and I would want people to be honest with me when I
ask them to be honest.

I don't mind telling small and harmless lies, but I have promised to myself and everyone else, that I would never lie when I am insisting that I am telling the truth.

I thought to myself that if I never lied in my adult life, then people can't ever accuse me of lying and they would always have to believe me if they can't even provide 1 lie that I told in my adult life.

And if they still think of me as a liar, because they think that every human lies when it's convenient to them, then I can accuse them of being prejudiced because they are not judging me based on my words and my actions, but based on people that I don't even know of.

My idea was that if I ever get falsely accused of something like domestic abuse, then I could pull out the "I never lied in my adult life and you can't prove otherwise" card and people would have to believe me or at the very least they couldn't automatically assume that I am guilty.

I also knew how powerful insecure or self-hating thoughts can be and I didn't want anyone to think that my thoughts, feelings, or compliments are fake, because I pity them, or because I want to be nice or polite to them, or because I have ulterior motives.

And I thought that the longer a person knows me, then the "I never lied" card becomes more powerful and convincing since years or decades have passed and they still can't remember a single time where I lied.

It just sucks when you always say the truth, but people still doubt
 most things you say and not because of your words and your
 actions, but because of stereotypes and the words and actions
 of others.

Being honest means that you are not lying.
However, you can still be deceptive while telling the truth, and you
 do so by not telling the full truth while simultaneously not
 telling lies at the same time.
Being honest and being transparent are 2 different things.

Because of my childhood, I know how painful and long-lasting
 regret is.
 Which is why I always tell people how I feel about them.
And why I always ask people questions, if I want to know the
 answer to a question.
And why whenever I want to do something with someone, I
 instantly ask them if they want to do that something with me.
Because there is no real reason to hold back.
But more importantly, if they die before you can say a certain thing
 to them or before you can do a certain thing with them, then
 you will painfully regret it for the rest of your life.
And if someone is not expressive with their feelings, then how else
 am I going to know how they feel about me, if not for me
 directly asking them after years of knowing them?

I don't need an excuse to say kind things and I don't think it's cringe either.

I also don't need an excuse to ask very personal questions.

I also don't need an excuse to hang out with people.

If anything, it's cringe to let fear of judgement and fear of embarrassment control you like a puppet.

5a) Who is a winner in life?

There were 3 adults in my first 20 years of life, that had a positive impact on me.

If it wasn't for these 3 adults in my teenage years I would have 100% killed myself in my early 20's.

I used to think that I was destined to fail at certain school subjects, because I always had average or bad grades in them, despite having different teachers throughout the years in the same subjects.

But then I was blessed with 2 high school teachers who were happy, fun, likeable, fair, helpful, and a bunch of other good traits and I finally got good grades in those subjects, while simultaneously understanding them.

I was looking forward to coming to class if they were going to be my teachers and I loved hearing them talk about anything.

These great teachers for the first time in my life, made me doubt whether I was a gigantic loser or if I was failed by other teachers.

These 2 teachers were also responsible for me having a dream job for the first time in my life.

They were responsible for me falling in love with jobs that are about directly helping other people, such as teacher, doctor, nurse, therapist, etc.

And the third adult was my best friend, who was the first person in my life that I fell in love for.

I have never been the recipient of love in my childhood, but I was treated with more kindness by 1 person alone than I have received in the previous 19 years combined.

Up until I met this woman, I had never felt anything special towards any human in my life.

But when she showed me how much of a gigantic positive impact 1 human can have on another person without having any money, fame, prestige, or power, I then admired her so much that I wanted to become just like her.

Angel was a beautiful person inside and out, and all she did to make me fall in love with her, was her being herself.

She was not only my best friend ever, but she was also responsible for bringing hope and happiness back into my life after I had lost it for 5 years because of my awful childhood.

Angel was also indirectly responsible for me finding my formula for happiness, which I know I would have never found if it wasn't for that particular person being my friend.

I am 99% certain that no other human in this world could have had the same impact on me the same way she did.

Money, fame, prestige, and/or good looks wouldn't have solved the gigantic mental health issues I had as a teenager, but 1 incredibly happy human erased almost all of my mental health problems by just being herself.

Because of all of those reasons, I determine a human's value solely based on how happy they are and if that happiness comes at the expense of other humans.

Because happiness is the 1 thing, that literally every human in this world wants, and yet a lot of people can't maintain it for long periods of time.

Lots of people with money, fame, prestige, and good looks can't find consistent happiness, despite their advantages, which is why if you can be happy for long periods of time, then that would be impressive.

People always ask the question "Does money buy happiness," which would correctly imply that happiness is more valuable than money, or at the very least it implies that consistent happiness is not guaranteed with money.

Lots of evil people are happy on a frequent basis, but they got their happiness at the expense of other people, which is why in my opinion, if you are happy for long periods of time while living a peaceful life, then that would be impressive.

And by just being your happy self, you could make another person happy and maybe even change their life, just like the 3 adults did to my hopeless and suicidal teenage self.

5b) Bonus material

Just for clarification, I don't really consider this part of my book because I don't think it fits well into this book.

But I have to include it because what I have written in the following pages is a huge part of my life and my personality.

If it wasn't for the content of this section of the book, then this book wouldn't even exist.

1. I wrote this book off of my memory which is why it felt weird to separate my thoughts into chapters.
2. It took me hours to figure out where the best place would be for every piece of information in this book.
3. In the end, I wrote this book in an order that is similar to how I progressed in my mental health journey.
4. And I wrote this book primarily for people like my past self.
5. The goal of this book is for the reader to become as happy as possible and to get as close to their desired life as possible.
6. And the message of this book is to always remain hopeful and to treat other people like you want to be treated.

The purpose of Chapter 1 of this book was to decrease hopelessness and to increase the confidence, courage, and hopefulness of the reader.

Because I don't believe you can be happy for long periods of time when you feel hopeless about yourself and your life.

The purpose of Chapter 2 was to remove some happiness killers of the reader.

Which in turn should make the reader happier in general, especially since they probably know what people and activities bring them joy in life.

The purpose of Chapter 3 was to get rid of personality traits and habits that can consistently drag down your happiness.

And it was also about gaining personality traits that can improve the reader's social interactions with friends, family members, partners, etc.

The purpose of Chapter 4a was to decrease the reader's self-hatred.

And it was also about treating other people like you want to be treated.

And it was also about putting yourself in the shoes of other people and seeing things from their perspective.

The purpose of Chapter 4b was to decrease the reader's hatred of other humans and to increase hope about this world.

Which in turn should lead to the reader having a more positive view of this flawed world and its flawed humans.

The purpose of Chapter 5a was to decrease the risk of saying or
doing things in the present that would cause you to feel regret
or guilt in the future.

This brings us to here which is Chapter 5b.
And this part of the book will probably make the least sense out of
everything that you have read so far.
And I say that because my 21-year-old self would have probably
drawn that conclusion while reading the last pages of this
book.

To my surprise, almost nothing I have written in this book is
something that I have learned in my first 20 years of life.
The majority of what I have written here I have discovered from 20
to 25 years old.

Almost everything that you have read so far I can attribute to 3
things :

1. Being aware of my subconsciousness
2. Analyzing my emotions in hindsight
3. My formula for happiness (the 9 pillars of happiness)

I. With these 3 methods of thinking I have completely gotten rid
of every negative personality and every negative emotion
that I wanted to get rid of.

II. And they also helped me gain the maximum amount of happiness in my life.

III. And they also helped me achieve permanent happiness and unconditional happiness.

IV. And they also helped me have 100% clarity about myself.

The reason why I keep this bonus material in chapter 5 is because the past, the present, and the future are all important factors when it comes to these 3 methods of thinking.

There is 1 more thing I want to clarify.

There are 2 more things that have helped me turn my life around, even though they were hugely responsible for my life being terrible in the first place.

From the moment I was born, I was "blessed" and "cursed" with 2 neurological mental disorders.

Those 2 mental disorders not only had a gigantic influence on my personality, which made me significantly different from everyone else, but they also made my life worse than it already was.

And at the same time, 1 of the disorders gave me a "scientific mindset" and the other disorder turned that mindset into what I like to call "ultra curiosity."

It is because of my gigantic level of curiosity that I got to undo all the damage that my childhood had done to me.

But in hindsight, I would still say that I suffered more from my mental disorders than I benefited from them.

5b) The Subconsciousness

Just for clarification, I will not talk about the biology of the subconsciousness.

It wouldn't fit into this book and you should hear from the professionals about it if you are interested about it.

I want to specifically focus on the fact that the subconsciousness is sharing your brain with your consciousness.

I specifically want to talk about how the subconsciousness influences your thoughts and emotions in positive and negative ways.

In hindsight, I always obliviously paid attention to my subconsciousness and learned something from it.

But after 4 certain experiences in my 22nd and 23rd years of life, I realized that there was someone inside me who had an almost identical personality to me.

I realized that I was sharing my brain with someone who could affect my thoughts and feelings in positive or negative ways without me noticing it if I didn't pay attention to it.

I am of course referring to my own subconsciousness.

In hindsight, I should have realized sooner that I am not 100% in control of my emotions.

Because when you feel an emotion because of a life experience, then you feel the emotion before your thoughts can react to the life experience.

Imagine if you are sitting in front of a computer super focused and someone from behind puts their hand on your shoulder and scares you while shouting "BUH!"

You first feel a huge amount of shock before you consciously react and start to think something like "OH MY GOD, WHAT WAS THAT?"

The subconsciousness reacts to the hand and loud expression first, which is why you feel a huge amount of shock before you even have the chance to think and notice that someone or something is behind you.

There are many ways you can notice your subconsciousness and the best way is to pay attention to your emotions, your impulses, your peripheral vision, and your surroundings.

Imagine being in your bedroom that is locked and sitting on your bed watching the objectively best movie of all time or playing the objectively best video game of all time.

Simultaneously, you have your abusive father shouting at your mother and destroying stuff in the living room downstairs.

Even if you were to try your hardest to completely focus on playing the best video game of all time, then you would still not be able to ignore your abusive father, while simultaneously feeling anxious and scared about the situation.

Even if he is not in your room, and even if your door is locked, and even if you are playing the best video game of all time, you are

still focusing to some degree at least on what is going on outside your room.

Or when I think of the practical differences between bedroom sex and kitchen sex, then I think that convenience is the only difference.

But even if you were to 100% focus on your partner during kitchen sex, then you would still see the kitchen in your entire peripheral vision.

And unlike with bedroom sex where the door is locked, you will have all sorts of thoughts during kitchen sex, that have absolutely nothing to do with the sex or your partner.

You will have all sorts of exciting, fearful, and guilty thoughts and emotions about potentially being caught having sex in the kitchen by certain people and the permanent consequences that come with being caught.

And this is especially true if you have sex outdoors in public.

Or imagine 4 different scenarios in which your couch and TV, or your computer desk switch to a different side of the room in each scenario.

All 4 scenarios will feel different to you because you have a preference as to what you like in the background of a computer or TV screen, and you have a preference as to whether you want to have free space or a wall next to your dominant hand and dominant eye.

You might not know those preferences, but your subconsciousness does and it can also include posters, pictures, and objects on the walls.

Or it could include the colour of your furniture and your walls.

Or if you could move the furniture around, would it still make a difference whether you are sleeping on the left or right side of a huge bed?

I could give hundreds more examples of your surroundings and your peripheral vision in combination with your subconsciousness influencing your thoughts and feelings without you realizing it, but I think I got the point across.

Sometimes you are aware of these thoughts, but you would probably think that it is you who is thinking them because you just like my past self didn't even think of the concept of the subconsciousness.

Consciously and subconsciously you can have multiple different thoughts and multiple different emotions at the same time.

There are 8 things that make sex or masturbation better and those 8 things are physical attraction, love, hatred, comfort, disbelief, excitement, guilt, and disgust.

There is a reason why humans glorify sex with a boss or teacher, public sex, hate sex, revenge sex, break-up sex, sex with a different person than your partner, and a bunch of other types of sex.

Because given certain circumstances, you will have multiple thoughts and multiple emotions consciously and subconsciously, that will make you feel those 7 emotions listed above, alongside physical attraction.

The physical stimulation from sex already feels so good, that you can just orgasm from that, but the more thoughts and emotions about the things listed above you have during sex, the more you will be aroused during sex and it will amplify your pleasure and orgasms by a great amount.

Comedy also makes you have multiple thoughts and multiple emotions.

Comedians or funny scenes make you laugh by showing you words and actions that make you feel disbelief, confusion, surprise, or shock.

You laugh when you feel 1 of those emotions at a very high level or when you feel multiple ones at the same time.

I think humans would call the impulses and the emotions that the subconscious serves them their "gut feeling" or their "heart."

I could write an entire book about the subconsciousness, but all of this should suffice.

5b) Analyzing emotions in hindsight

At 21 years old I started to analyze the emotions that I felt in hindsight and as a result, everything about myself and this world became clearer to me.

I was always feeling emotions and I just declared them as hatred, sadness, anger, fear, happiness, or excitement.

The few times that I cried watching TV, it was always scenes that displayed loneliness, hopelessness, and unconditional love.

I wanted to know why I always cry under the same circumstances which is why I started to try and identify every emotion I felt, whenever I felt them, and try to understand why I felt them.

By "analyzing emotions in hindsight" I mean to attach an emotion's name to the emotion, that you are feeling.

You do that by paying attention to the words and images that you are thinking, and then logically deduct which emotion you must be feeling, based on the thoughts that you have.

After a little bit of experience, you should be able to instantly recognize every single emotion by just feeling it.

The positive emotions and personality traits that I focus on are love, joy, enthusiasm, optimism, excitement, sense of achievement, relief, comfort, gratitude, disbelief, confusion, surprise, shock, hope, and physical attraction.

The negative emotions and personality traits that I focus on are resentment, anger, frustration, arrogance, pride, envy, greed, perfectionism, possessiveness, vindictiveness, righteousness, sadness, fear, anxiety, loneliness, solitude, exclusion, discomfort, disgust, regret, guilt, hopelessness, powerlessness, feeling like a burden, feeling undesired.

Through this process, I was aware of every emotion that I felt and why I felt them, and how it was related to my past life and my current desires.

After 3 months of doing this, I got the vast majority of negative emotions out of me, and I also found my formula for happiness.

I absolutely do not believe in indescribable feelings, because I believe that if you try hard enough, then literally everything can become describable with words.

I also believe that being aware of your emotions and being aware of the reason why you feel them, significantly reduces your anxiety and PTSD.

The first time you watch a super scary movie you get really scared, but if you were to watch it again right afterwards, then you wouldn't be scared at all, because you know to 100% what is going to happen and there is 0% uncertainty that could scare you or make you nervous.

Being able to read your subconscious is not necessary, but to analyze emotions in hindsight is the number one advice I would give to anyone because it will significantly improve your mental health and your understanding of yourself.

1. Analyzing emotions in hindsight will make the world and its humans much more clear to you.
2. It will lead to emotional clarity about yourself and your past.
3. It will also make you realize, what you truly like and dislike.
4. It will also reduce your anxiety or PTSD.

A very good way to start figuring out your true personality and how your past affects you is to find out why you feel super happy and super sad during certain movies, TV series, or anime scenes.

Every person's personality in real life and in fiction, you ultimately like or dislike based on social conditioning and your life experiences, because you don't like or dislike someone for no reason.
And it's the same thing with life experiences in real life and in fiction.

For example, when I was super depressed and suicidal, I always felt comfort and happiness whenever I listened to sad instrumental music.

I wondered why I wasn't feeling sad instead, which is why I listened to sad instrumental music for about 5 minutes while simultaneously paying attention to the words and images in my head.

After identifying the words and images in my head, which are the result of the sad instrumental music, I then attached emotions to my thoughts and I figured out the answer.

I figured out that sad instrumental music always made me subconsciously think about the best memories I had with my former friends.

Those memories are what made me feel comfort and happiness whenever I listened to sad instrumental music.

And at the time, when I was suicidal, I always hoped that I could replicate the best moments of my past, in the future.

To summarize, instead of making me sad, sad instrumental music made me feel comfort and happiness because I was subconsciously thinking about my best memories, and it simultaneously also made me feel hope because I connected my best memories with hope.

Music and comedy were sometimes the only things that would make me feel positive emotions in my life.

After I realized what sad instrumental music does to me, I started to be more interested in music than I already was.

I listened to music far more often since and I started to play instruments as well.

This is just 1 of the dozens of examples, of how I learned something new about myself and how I significantly improved my life afterwards, because of it.

Another time I was talking to a close person of mine and she was giving me advice on something, even though I didn't ask for advice.

I was annoyed at that and I was shocked right afterwards as to why I felt passive aggressiveness towards a person I liked, especially when she only had good intentions in mind.

After thinking about it for 5 minutes, I realized that my past self was the one getting annoyed and not me.

At 16 years old I hated humans so much and thought of them as incredibly stupid, that I would laugh at the idea of them knowing better than me, about how to fix my life.

1. I got that advice at 22 years old and I had a good life at that point.
2. And pessimism and greed were the only negative emotions inside me left.
3. And I was an open-minded person.
4. And I liked the person who gave me the advice, and she had good intentions as well.

And yet, I still felt passive aggressiveness towards her.

I. I was shocked that the past was still somehow affecting me, even though I got completely over it.

II. I was also shocked that the past made me feel something, that my present self wasn't ok with.

III. I was also shocked that my subconsciousness and I, had completely different thoughts, even though we listened to the same advice.

After this incident, I started to take my emotions less seriously, and I also started to deliberately pay attention to my subconsciousness and learn how to read it with 100% accuracy.

Another time I was watching TV and I saw a group of young women talking and drinking alcohol at a party, and I all of a sudden felt discomfort and exclusion, and I didn't understand why.

After about 5 minutes of thinking, I realized that the exclusion came from the fact that by that point in my life, never had a group of beautiful women ever talked to me specifically.

And even if they did talk to me, then I would not perform well in the conversation, because I can't stand group conversations, unless it is with people I know.

I found it interesting, that a group of beautiful women made me feel exclusion, while in the past a singular beautiful woman would make me feel sadness because I thought that I would never be in a long-term relationship with a beautiful woman ever.

And I also realized that the discomfort came from the beer bottles, because beer was my alcoholic and abusive father's favorite alcoholic drink, with vodka being his second favorite.

Anytime in the past, when I saw a beer bottle or vodka bottle, my subconsciousness would make me feel discomfort because I only associate very terrible memories with those 2 alcoholic drinks.

I didn't like the fact that I felt exclusion and discomfort, while I was in the comfort of my own bedroom.

I have learned that while the subconsciousness is very similar to me, it is also a separate part of me and that it has a huge influence over my conscious thoughts and feelings, without me realizing it unless I pay attention to it.

5b) PTSD

For 23 years I used to have terrible beliefs about trauma and PTSD, but 2 experiences of mine changed that.

The second experience was me realizing the negative effect that stuff like beer and vodka bottles had on me, and the first one was my frequent bad dreams and nightmares.

I am not exaggerating when I say that I did not even have 30 good dreams in my lifetime.

I honestly wish I didn't know how great a good dream feels like because I have had almost daily bad dreams my entire life and at 21 years old I also started to get frequent nightmares.

At 21 years old, I finally got over my childhood completely, but coincidentally soon after for whatever reason my bad dreams got significantly worse and more frequent as well.

I keep dreaming about all the people of my first 15 years of life, and while the past doesn't bother me anymore emotionally when I am awake, I still feel a gigantic amount of fear in my nightmares.

I keep dreaming about the place that I grew up in and also about the elementary, middle, and high school buildings.

The people and places of my childhood appear a few dozen more times in my dreams than the good people of my adult life.

1. I have been chased by a murderer hundreds of times.
2. I have also killed myself hundreds of times.
3. I have messed up in my dreams and ran away from authority figures thousands of times.
4. I have lost my teeth hundreds of times.
5. I have had hundreds of hygienicly disgusting things happening to me.
6. I have had hundreds of humiliating things happening to me as well.
7. I have woken up dozens of times with a huge shock that lasted for minutes.

8. One time I even woke up crying which I didn't even know was a possibility.
9. I have had sleep paralysis over a dozen times.
10. There were hundreds of times were I had a painful nightmare and I was aware that I was dreaming, but I couldn't wake up and whenever I unsuccessfully tried to wake up from a nightmare, then I either killed myself, or if I didn't have a suicide method, then I was always forced to endure the torture for what felt like minutes.

I wouldn't even care about my nightmares if I could be my true self in them, but I am a completely different version of myself in my dreams, and I feel a gigantic amount of fear of punishment and fear of getting killed when I'm dreaming. And I haven't felt those fears ever in my adult life.

The only good thing that I can say is that while I am absolutely suffering in my dreams, it at the very least stops bothering me the moment I wake up 99% of the time.

My 21-year-old self could have never imagined how my traumatizing childhood would still have negative effects in the future, in ways that I could have never thought of. And as a result at 23 years old, I increased my compassion, which was due to me gaining a better understanding of trauma and PTSD.

5b) Dr. Robin Lotus's Formula for Happiness

At 21 years old, I started to analyze emotions in hindsight, because it has helped me to completely get rid of all of my fear and hatred.

So I started to become hyper aware of every emotion I felt and I analyzed them right after, to figure out why I felt those emotions.

I would even go so far, as to analyze every moment in my past life, where I felt a positive emotion.

In my 19th year, Angel was the literal only human in this world who could make me feel happiness and I wanted to know why, since my suicidal 21-year-old self didn't feel the same emotions for anyone or anything else, besides movies, TV series, anime, and video games.

In the end, I ended up finding the formula for happiness, which I call "the 9 pillars of happiness" and the 9 pillars of happiness are :

1. Joy + Fun
2. Anticipation + Enthusiasm + Optimism
3. Progression
4. Excitement
5. Comfort
6. Gratitude
7. Stimulation

8. Disbelief + Confusion + Surprise + Shock (the positive version of shock)
9. Absence of Negative Emotions

7 of these pillars are self-explanatory, so let me explain what I mean by gratitude and stimulation.

A lot of people feel gratitude when they are interacting with certain friends, family members, or partners that they are grateful for.

A lot of religious people always think about the fortunate things that they have in their lives, and when you feel gratitude, you can't feel a negative emotion at the same time.

By stimulation, I just mean biological stimulation, in a good way, through stuff like sex, music, massages, baths, etc.

The first 8 pillars are positive emotions and the last one is a state of mind, in which you have no negative emotions.

If you feel 1 of these positive emotions, it nullifies all negativity inside you, even if just for a second.

What you are supposed to do is find people and activities that make you feel these positive emotions and make your life about them, so that you can attain permanent happiness or at the very least, consistent happiness.

Simultaneously, you have to find out, who or what makes you feel any negative emotions and get rid of those things if possible.

And if you, for whatever reason can't get rid of such a thing, then at the very least try to minimize the stress, it causes you.

I assume that most humans have felt the first 8 pillars in their lives, but the 9th pillar is by far the hardest to attain.

To have a permanent absence of negative emotions, you must eliminate every negative personality trait, emotion, principle, desire, and habit inside of you, which took me 3,5 years to achieve.

Permanent happiness and permanent absence of negative emotions are both real things and the only things getting in the way of both are things like accidents, sickness, deaths, and all the other obvious circumstances.

5b) Love

I decided to end my book with the thing that started my new and happy life.

If it wasn't for Angel appearing in my life and me falling in love with her, then I would have 100% killed myself in my early 20's.

She is also indirectly responsible for me finding my formula for happiness.

And I am 99% certain that no other human in this world could have had the same impact on me the same way she did.

The only reason how I found my formula for happiness was because I wanted to know why I was in love with Angel, while in the past I only had crushes on other girls and women.

And since I found my formula for happiness I have had an incredibly easy time understanding why I was in love with any specific woman and also to what degree I loved those specific women.

And in turn, it would also make it more clear what kind of woman I should look for as a long-term partner.

If 1 person who is not physically unattractive to me, can make me feel multiple pillars of happiness on a frequent basis, then I am very likely going to fall in love with them.

That is exactly why I fell in love with Angel, because she always made me feel joy, comfort, gratitude, and disbelief, whenever I spent time with her, especially at a time when I was consistently super sad.

1. I am in love with someone, because they are physically attractive to me and because I always have fun spending time with them.
2. And additionally, it could be because I can always be my true self in their presence, without the fear of judgement, or without the fear of abandonment, or without me feeling like a burden to them.
3. And additionally, it could be because I am super grateful to them, for whatever reason it may be.

4. And additionally, it could be because I never met someone, who had so much in common with me or it could be the complete opposite and the both of us like to show our hobbies and interests to each other.
5. And additionally, it could be because I am in utter disbelief, as to how a human so beautiful, so funny or so great, would spend any time with me, without any ulterior motives.

I. And when I am in love with someone, I just feel happiness whenever I see them or think about them.
II. And I might get obsessed about their voice or their smell.
III. And I imagine, doing all sorts of couple stuff, with that person.
IV. And wherever I am and whatever I am doing, I think to myself, that if that person were to be there with me, I would enjoy my time even more.
V. And I wish to sleep and wake up next to them, because I want the person that I am in love with, wanting to start and wanting to end the day with me.
VI. And whenever I feel sad about something, I want that person to be there with me and comfort me.
VII. And I might imagine marrying that person, sharing the same last name with that person, having children with that person, and spending the rest of my life with that person.

And then there is the actual relationship and lots of people have these thoughts and feelings about their partner for a long time, if not even for eternity.

Yet, there are so many people in this world, who would say stuff like, that the honeymoon phase doesn't last forever, or that relationships are not all sunshine, or any other phrase those people use.

But fortunate couples know the truth and these people are just unfortunate and generalize literally all romantic relationships in this world.

I don't know for certain what humans mean by "Opposite people attract each other."

But when I think about that phrase, then I think about the fact that I like to be in a relationship with someone who has absolutely nothing in common with me, except the time we spent together.

1. If I am not in a relationship, then I will never be bored, because I have my job and plenty of friends, family members, hobbies, and interests that make me happy on a daily basis.

2. And I like having a girlfriend who is the exact same in that regard.

3. And I also like different things for different reasons, such as having a girlfriend who I always see in academics or in my job and I also like a girlfriend who has a completely separate life from me.

4. I like spending the majority of my free time with my girlfriend and I also like spending the minority of my free time with my girlfriend.
5. I like having a girlfriend with similar hobbies and interests and I also like to show my hobbies and interests to other people.

The point I am trying to make is that for a relationship to work, there only needs to be physical attraction and kindness and it is very exciting to be in a relationship with someone who is completely different from you.

When it comes to having new relationships over and over again, I prefer to have just 1 partner for the rest of my life, even if being in different relationships over and over again is fun.

I can have infinite fun on my own and I also have my friends and family members I can have fun with, which is why I don't need my partners to entertain me for eternity.

But I like to live with another person because there are many things that I love about it, that you can't get by living by yourself as a single person.

I want to always sleep and wake up next to a person I love.
And I want a person in my life...

1. ...who makes me excited about coming home.
2. ...whom I can enjoy my hobbies with.

3. ...who always tries out new things with me.
4. ...whose presence makes almost any life experience of mine better.
5. ...who I can always enjoy vacations with, no matter where we go.
6. ...who doesn't make me feel like I have to put up a performance ever.
7. ...who tries to convince you to do things, rather than pressuring you or guilt-tripping you into doing things that you don't want to do.
8. ...who I always have great sex with.
9. ...who is always there to comfort me when I am sad.

Depending on your looks, personality, and other circumstances, it can be hard to find a partner who fulfills even 1 of those conditions, but if you find someone who fulfills all of those conditions, then I would never let go of them ever.

When you are middle-aged or older, then you have to inevitably experience the deaths of people that you like or love.

And when you have children, then there are inevitably going to be times when you are going to be sad, because of something regarding your children's lives or because of how your children might feel about you.

Those can be very miserable times and I would prefer to always have someone by my side when these things happen, rather than having to deal with those things all by myself

And I would prefer that person to be my partner who knows me, loves me and that would never think of me as clingy or annoying ever.

There are so many things that a longtime partner voluntarily would do without you having to ask for it and that a new partner usually wouldn't do.

And with a longtime partner, you have years or decades worth of good memories, which makes me understand even less why people would ever cheat on their longtime partner.

Finding the one is already hard enough and getting someone to think of you as the one is probably even harder and it also takes a very long time.

Which is why I don't understand why anyone would ever risk losing it, only to be at the starting point of a relationship with another person.

My entire life I felt like a solo player and friends, family members, and partners wouldn't be able to change that.

But when I am in a relationship with someone, who is the one to me and who also thinks of me as the one, then I feel like a part of a duo.

And being in a duo with someone that I love, is my favorite thing in this world because there is no better feeling in this world for me.

THE END

In my childhood, I was judged for watching too much television by
so many adults including teachers and meanwhile, television
has taught me more knowledge than all of the people of my
childhood combined.

Meanwhile, because of television, I have learned a little bit about
sex, masturbation, periods, vasectomies, pregnancies,
atheism, different types of religion, homophobia, stocks,
divorces, hundreds of different jobs, people in less fortunate
circumstances, etc.

A lot of people would laugh at the idea of people getting educated
about something in movies or TV series, but they themselves
have 100% learned a lot of useful and useless knowledge from
watching entertainment.

My family has never taught me, never raised me, never helped me,
and always neglected me and if I didn't have TV access as a
child and teenager, then I would have been doomed forever.

I hope that in the same way that I randomly have gotten knowledge and wisdom out of watching television, you got something out of randomly reading my book.

As far as I go, the words of this book have helped me gain a black belt in happiness which I haven't lost since.

And as I stated earlier in this book, my happiness is my number one priority in life, because if you are not happy, then you are incapable of enjoying life.

<u>Final message</u>

Thank you for reading my book.

I appreciate it very much.

I have written this book solely for fun which is why I don't care about making money off of it.

I didn't even bother getting a copyright certificate for this book.

I don't regret anything regarding this book and if my book improves the life of even 1 person in some positive way, then it was even more worth doing it.

I would really love to know what you think of this book and if it helped you in some way.

Or if you despise me and my book, then you can tell me about that as well.

You can message me at @DrRobinLotus on x (formely known as Twitter) and I will probably read your message and maybe even respond as well when I have the time and desire to do so.

This is the end of this book.

It's time to say goodbye.

Thank you and Goodbye.

I hope you have a great life.